

Love and Logic Book Summary and Notes

By Lily Talley

There are so many parenting books out there and the Love and Logic book is one of the good ones. It is filled with practical advice on parenting. It also makes the techniques fun. Some parenting books, after reading it, makes you feel inadequate. Although it gave you some good advice, you feel that you are not capable of implementing them. The Love and Logic book however is filled with encouragement for parents. It did not give any quick fixes but techniques that you can use over time. I started using the techniques to the kids at my preschool and the results are remarkable. There is still room for improvement but the kids have positive responses with the techniques so far.

The Love and Logic Book has four main ideas. It encourages parents to:

1. Build self-concept
2. Share the control or decision making
3. Offer Empathy then consequences
4. Share the thinking and problem solving

Formula for high-self concept:

- Offer empathy, understanding and love
- Allow children to struggle and solve their own problems
- Encourage children to learn to succeed through personal thinking and learning
- They must know how to handle situations without warning

Share control by giving the types of choices that do not cause a problem for you. Allow children to make choices within the safety of limits.

Provide a strong dose of empathy before delivering consequences.

- Parents must allow children to make mistakes.
- Do not respond with anger. With anger, children go into survival mode rather than learning mode, they think about escaping or getting revenge.
- Sincere empathy works wonders.

Share the thinking: 4 Powerful Actions

1. Raise a child who feels good about him/herself.
2. Develop a strong bond of love and trust with your child.
3. Allow your child to make plenty of mistakes and learn from them.
4. Give your child plenty of practice thinking and solving problems.

The more empathy and understanding we display, the more our children are forced to think about the pain they have created for themselves.

Guidelines for giving choices:

- Give 99% of the choice when things are going smoothly.
- Provide choices on issues that are not dangerous and don't create a problem for anyone on the planet.
- Always offer two options and both makes you happy.
- In 10 seconds flat, choose for the child if he or she doesn't.

Bonding requires basic limit setting. When children fail to find loving limits, they feel scared.

Set limits in a loving way:

- Replace anger and frustration with empathy.
- Replace threats and warnings with simple actions.
- Set limits you can enforce.
- Give away the control you don't need.

Real world consequences happen without warning. Children should understand that consequences of poor

choices can happen without warning.

Set limits once and follow through with loving actions instead of warning. Teach how to make wise decisions the first time.

Save most of the attention for happy times. Ignore them when they misbehave.

Enforceable Statements:

- Don't tell kids something we cannot make them do, otherwise, we give away power and credibility.
- Enforceable statements describe limits we can actually enforce 100% of the time.
- For example: Instead of saying 'No fighting!', say something like: 'I charge \$2/hour to list to fighting in the car. Will you be paying me with chores, cash, or some of your toys?.'

Use the Energy Drain technique: Say 'I'm having an energy drain'. Child pays with chores or toys.

Delaying consequences gives us time to think of what consequence is appropriate and get over our anger.

Neutralizing Family Arguments:

- Go brain dead-don't think about what the child has just said.
- Choose an empathetic one liner.
- Repeat the one liner over and over again. For example: "I love you too much to argue".
- Walk away if child continues.

Get you kids to do chores:

- Start doing chores together as soon as your child can walk.
- Model doing your own chores in front of the kids.
- Develop a toy 'lock-up'.
- Give choices about age-appropriate chores.
- Don't pay children for doing chores.
- If they forget, you do the chore. They will then pay for it with a toy (or anything you think is appropriate).

Summary of the book Parenting with Love and Logic by Jim Fay and Charles Fay