

Love and Logic Solution:

The Rules of Love and Logic

RULE #1

Adults set firm limits in loving ways without anger, lecture, or threats.

RULE #2

When a child causes a problem the adult hands it back in loving ways.

1. In a loving way, the adult holds the child accountable for solving his/her problems in a way that does not make a problem for others.
2. Children are offered choices with limits.
3. Adults use enforceable statements. (I-statements)
4. Adults provide delayed/extended consequences.
5. The adult's empathy is "locked in" before consequences are delivered.

"Would you like to hear what other kids have tried?"

- never say "I'm sorry", no sarcasm
- "What a bummer"
- "how sad"



The Love and Logic People
2207 Jackson Street, Golden, CO 80401

1-800-338-4065

www.loveandlogic.com

Love and Logic Solution:

Two Ways to Neutralize Childhood Arguing

1. LOVE AND LOGIC INSTANT EMPATHETIC RESPONSE

The expression of genuine empathy has the amazing ability to soak up emotions.

Learn to use an empathetic statement that comes right from your heart. Use the statement that feels natural to you. Use it every time.

Examples of empathetic statements that work:

- "Oh, no. I bet that feels terrible."
- "Wow. What a bummer."
- "I can't imagine how bad that feels."

Examples of statements that don't work:

- "I know how you feel."
- "I know just what you mean."
- "I understand."

Judgement statements

2. LOVE AND LOGIC ONE-LINERS TO NEUTRALIZE ARGUING

It is important that Love and Logic One-Liners be used in the "broken record" form.

Example of a Love and Logic One-Liner that should become a habit for you:

"I love you too much to argue."

Sample dialogue:

CHILD: You never let me do what I want.

PARENT: I love you too much to argue about that.

CHILD: But Sally always gets to do what she wants.

PARENT: I love you too much to argue about that.

CHILD: Yeah, that's cause you like her better.

PARENT: I love you too much to argue about that. Come talk to me later about something fun. See you, sweetie. Thanks.



The Love and Logic People
2207 Jackson Street, Golden, CO 80401
1-800-338-4065
www.loveandlogic.com

Love and Logic Solution:

The Delayed or “Anticipatory” Consequence

ImmEDIATE consequences work really well with rats, pigeons, mice, and monkeys. In real-world classrooms, they typically create more problems than they solve.

Problems with Immediate Consequences:

1. Most of us have great difficulty thinking of an immediate consequence while we are teaching.
2. We “own” the problem rather than handing it back to the child. In other words, we are forced to do more thinking than the child.
3. We are forced to react while we and the child are upset.
4. We don’t have time to anticipate how the child, his/her parents, our administrators, and others will react to our response.
5. We don’t have time to put together a reasonable plan and a support team to help us carry it out.
6. We often end up making threats we can’t back up.
7. We generally fail to deliver a strong dose of empathy before providing the consequences.
8. Every day we live in fear that some kid will do something that we won’t know how to handle with an immediate consequence.

Take care of yourself, and give yourself a break! Here’s how:

The next time a student does something inappropriate, experiment with saying, “Oh no. This is so sad. I’m going to have to do something about this! But not now.. (later, Try not to worry about it.”
Specific time → @ 5:30 on lunch, after this reaction
 The Love and Logic Anticipatory Consequence allows you time to “anticipate” whose support you might need, how the child might try to react, and how to make sure that you can actually follow through with a logical consequence. This Love and Logic technique also allows the child to “anticipate” or worry about a wide array of possible consequences.

The Love and Logic Anticipatory Consequence technique gains its power from this basic principle of conditioning. When one stimulus consistently predicts a second, the first stimulus gains the same emotional properties as the second. Stated simply: When “try not to worry about it” consistently predicts something the child really must worry about, “try not to worry about it” becomes a consequence in and of itself... an “Anticipatory” Consequence.



The Love and Logic People
 2207 Jackson Street, Golden, CO 80401
 1-800-338-4065
www.loveandlogic.com