

# PARENTING with LOVE & LOGIC

**Facilitator:  
Jennifer Jelavich**

# PARENTING with LOVE & LOGIC Workshop Fundamentals



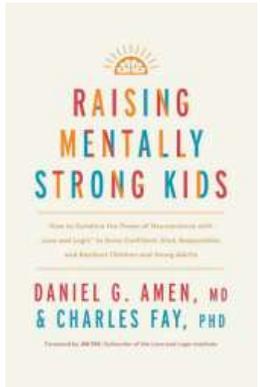
**Love & Logic:** A research-based, whole-child philosophy founded in 1977. A parenting and teaching program. Love & Logic is the “**software**” or how you deliver information.



**Amen University:** Amen University provide strategies for a healthy and happy brain. A healthy brain is the “**hardware.**”



**Blue Zones & Blue Zones Project:** Areas of the world where people live the longest lives, consistently reaching age 100.



# The Most Successful Parents:

- Take good care of themselves
- Set and enforce limits
- Hold their kids accountable for misbehavior
- Do all of these things in a very loving way
- Know that kids are ready to start learning responsibility as soon as they are old enough to throw cheerios across the table
- Give themselves grace and forgiveness. Parenting is the hardest job ever...



# Please share in the Chat!

- What are the ages of your children?
- What is one of the hardest things about being a parent?
- What is one of your favorite things about being a parent?

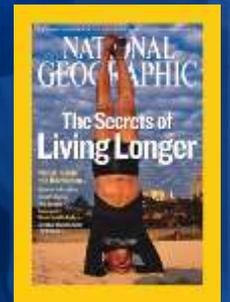
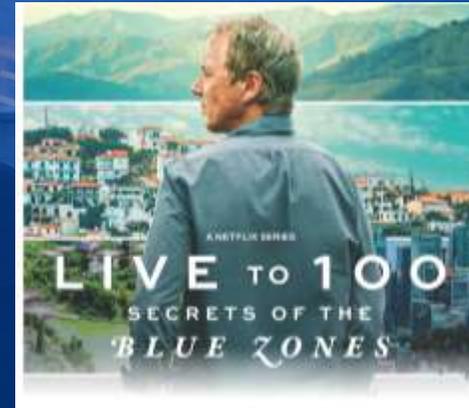




BLUE ZONES PROJECT

# THE SECRETS OF LIVING LONGER, BETTER ARE ALL AROUND US

Blue Zones Project® is helping transform communities across North America into areas where the healthy choice is easy and people live longer with a higher quality of life.



## IT ALL BEGAN

with Dan Buettner's 20+ year longevity study to find the world's healthiest people.

# THE ORIGINAL BLUE ZONES EXIST ALL OVER THE GLOBE

3x

more likely  
to live to 100

.....  
Living on average

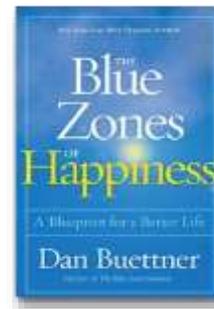
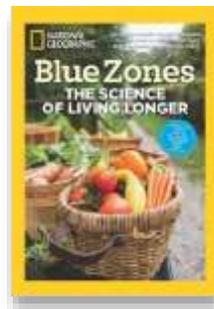
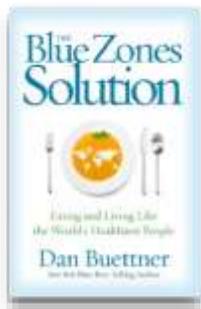
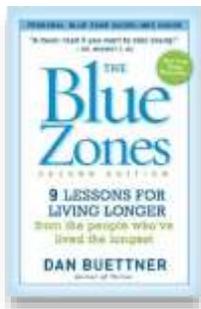
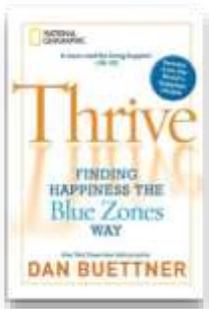
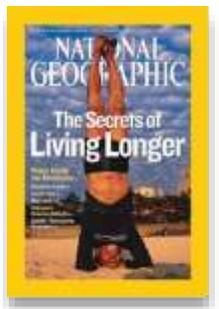
12 more

good years than  
we do in North  
America.



# THE BLUE ZONES PROJECT DIFFERENCE

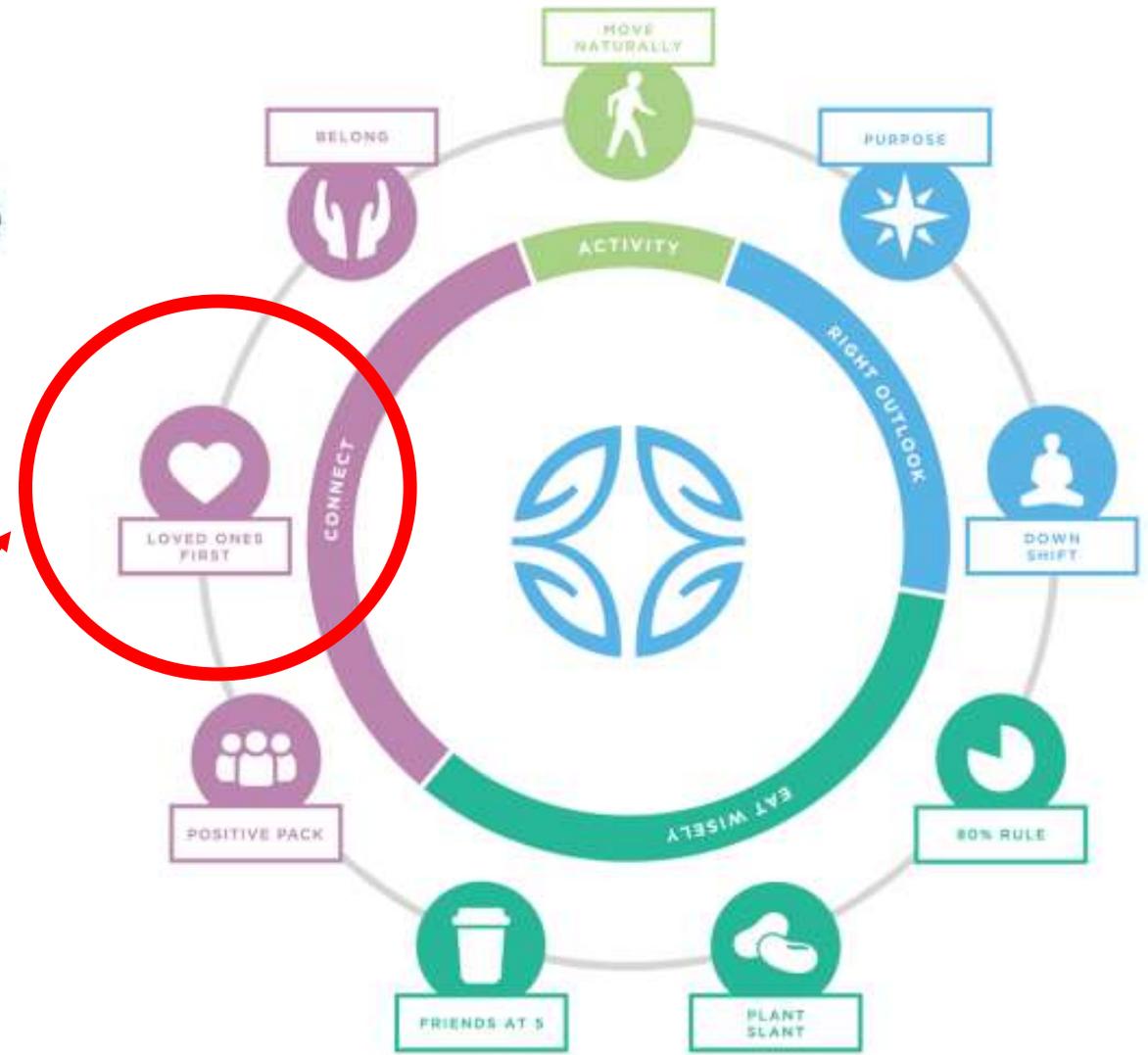
Based on research of the world's longest-lived populations, Blue Zones Project® by Sharecare is impacting nearly 4 million people across North America.



# THE POWER 9®

Lifestyle Habits of the World's Healthiest, Longest-Lived People

1. Move Naturally
2. Purpose
3. Downshift
4. 80% Rule
5. Plant Slant
6. Friends at 5
7. Positive Pack
8. Loved Ones First
9. Belong





# Caltrans District 3, Marysville

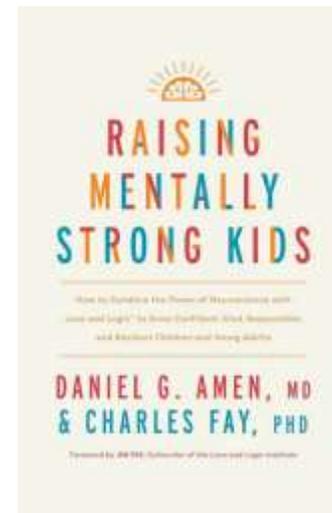
A BLUE  
ZONES  
PROJECT  
CELEBRATION!

May 14th, 2024  
2 Bits Express  
703 B St., Marysville  
12:00 PM - 1:00 PM



# BRAIN HEALTH – “The Hardware”

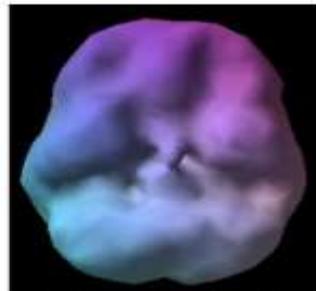
- Brain is the middle of parenting. When the brain is working right, you are working right. When it's not, you are in trouble.
- Take good care of yourself to take good care of your kids.
- Our kids take emotional cues from us. Modeling healthy behavior is huge.
- Give yourself grace and forgiveness – especially during this difficult time.
- Parenting is the hardest job ever.



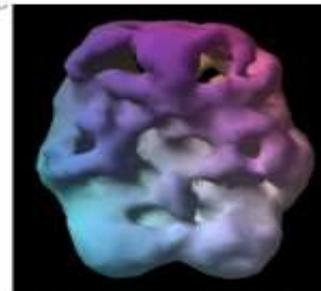
# BRAIN FUN FACTS...

Your brain is involved in **EVERYTHING** you do!

- How you think, feel, act and interact.
- Organ of intelligence, character, and **EVERY** decision you make!
- Ask yourself – “Is this good for my brain or bad for my brain?”



When your brain works right – you work right



When your brain is troubled, you have trouble in your life

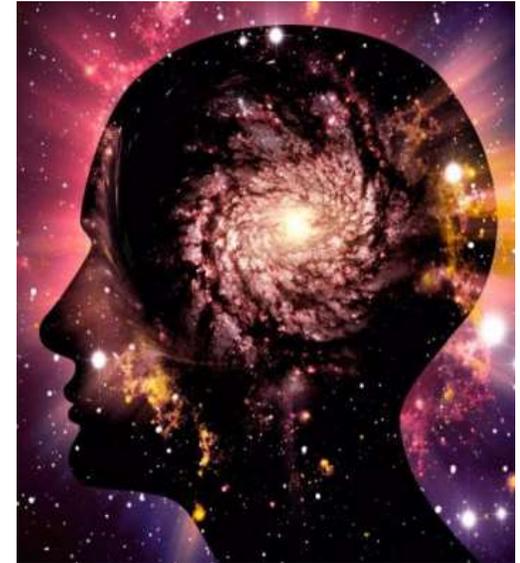
Amen Clinic  
Brain Scans



# BRAIN FUN FACTS...

Your brain is ridiculously complex

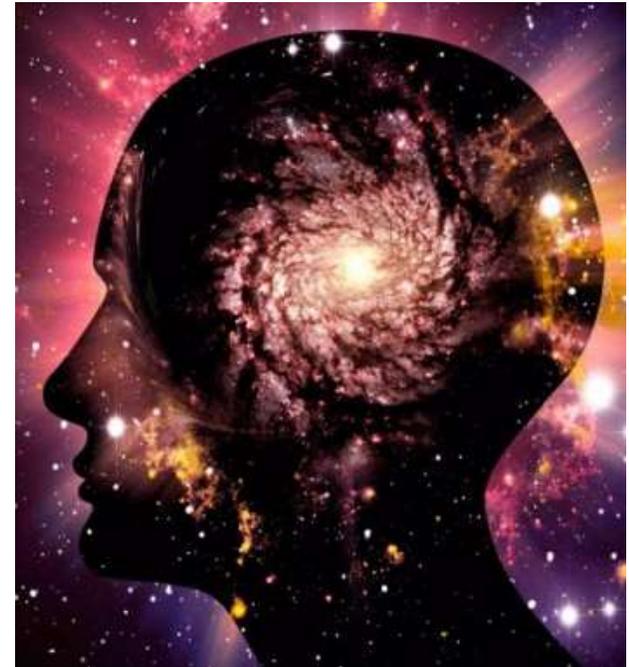
- Most complicated organ in the universe
- 100 billion neurons, trillion of supporting cells
- More connections in the brain than stars in the universe
- 2% of body's weight & uses 20%-30% of kcals
- 20% of the oxygen and blood flow



# BRAIN FUN FACTS...

Your brain is ridiculously complex

- Information travels up to 268mph
- Brain tissue the size of a grain of sand has 100,000 neurons and a billion connections talking to one another
- Storage capacity of 6 million years of Wall Street Journals
- Males have 10% more neurons
- Females have more connections

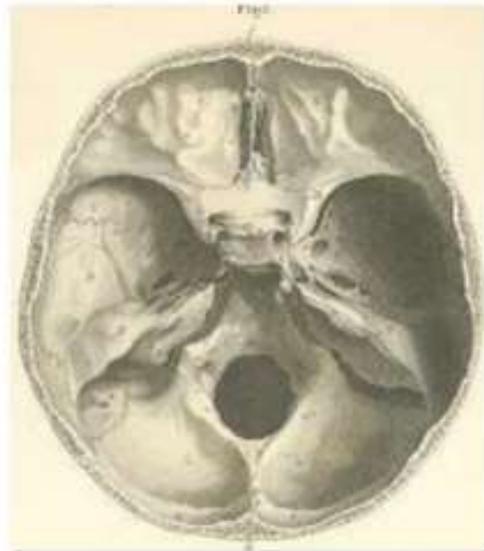


# BRAIN FUN FACTS...

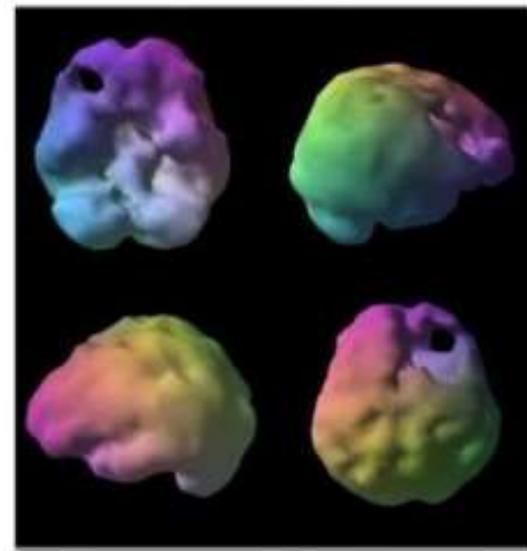
Your brain is soft & housed in a hard skull



Consistency of soft butter, tofu, custard, somewhere between egg-whites and gelatin



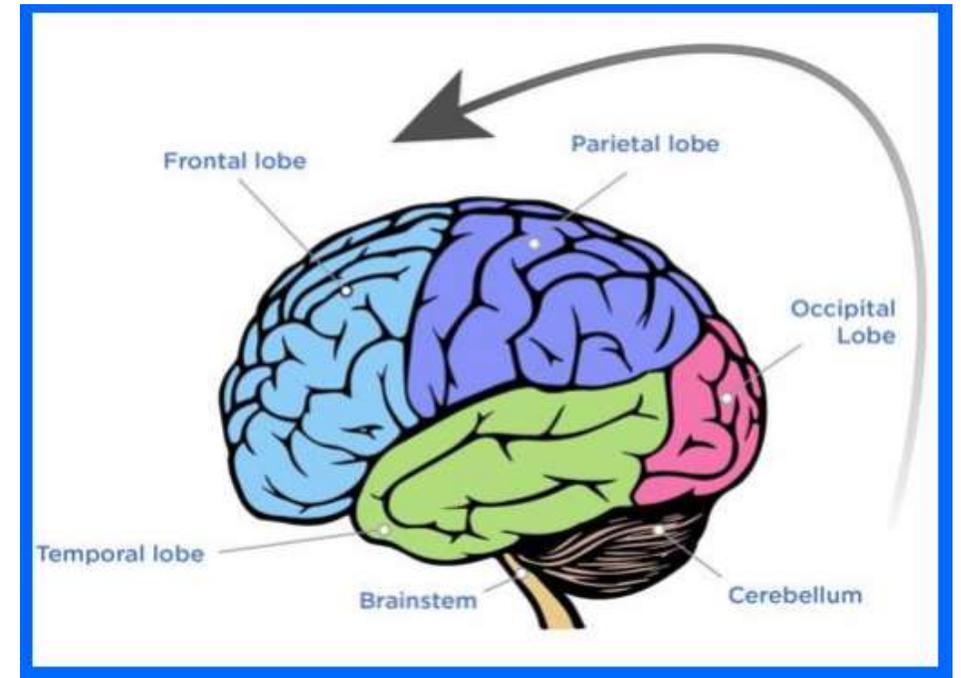
Skull is very hard with sharp boney ridges



Brain injuries matter!

# BRAIN FUN FACTS: The Pre-Frontal Cortex... The Last Part of Brain to Fully Develop

- Completes around age 25 in females and 28 in males
- Planning, judgement, forethought, impulse control, organization, time management, procrastination, goal planning, and learning from mistakes



# Gratitude & Developing the Pre-Frontal Cortex

**Studies show feelings of gratitude are primarily evoked in the pre-frontal cortex.**

- Area of empathy, decision-making, and self-control.
- When we are grateful, our brain releases dopamine and serotonin.
- Dopamine plays a role in our motivation, happiness, and focus.
- Serotonin plays a role in our sleep and digestion.

## **Gratitude Activities**

- Wake up each day saying... “Today is going to be a great day.”
- End the day asking yourself ....“What went well today?”



# BRAIN HEALTH - How much time do you have?

## 5 minutes

**Try a breathing exercise.**  
Inhale for 5 counts, hold for 5, exhale for 5, hold for 5, repeat

**Dance or sing to a favorite song.**

**Change position; stretch your arms, legs, and back.**

**Take a quick walk outside.**

**Water your plants or garden.**

## 15 minutes

**Organize a small space in your home.**

**Play with your kids. Do something simple like color or draw with them.**

**Take a power nap.**

**Call a friend or family member to catch up and check in.**

**Take a bath or shower.**

## 30 minutes

**Download a mindfulness app.**  
There are many free apps available online.

**Play a game, work on a puzzle, or try a new online game.**

**Join a parent support group.**

**Go for a jog, do tai chi, or any physical activity that makes you happy.**



# LOVE & LOGIC – “The Software”

The most successful parents take it slow and easy. They don't try everything at once, and they don't overwhelm themselves by trying too hard to be “perfect” parents. Instead, they experiment with one or two simple skills at a time.

**“When we do the right thing with  
(challenging) kids,  
it will almost always LOOK and FEEL  
like the wrong thing in the short term.”**



# LOVE & LOGIC FIVE CORE PRINCIPLES

## Principle One: Mutual Dignity – “The Gold Rule”

Talk to your child the way you want to be spoken to.

## Principle 2: Shared Thinking - As the parent, play the role of “Coach.”

## Principle 3: Shared Control - Give away control when possible.

With toddlers – Give 2 choices. Both choice you like...

"Would you like milk or orange juice to drink?"

"Would you like to wear the blue or red shirt?"

With teenagers – “You can have technology as long as it’s not causing a problem in the family.”

## Principle 4: Empathy - Genuine and authentic caring.

## Principle 5: Relationship - Strong relationships lead to open communication.

before you speak:

**THINK**

**T** is it true?

**H** is it helpful?

**I** is it inspiring?

**N** is it necessary?

**K** is it kind?



# 3 DIFFERENT TYPES OF PARENTING

- **Helicopter Parents:** They protect and rescue their kids. Make the world fit the child. You can see these parents running down the street with lunches for their kids. Helicopter parents don't want their kids to struggle. These parents are tired a lot.
- **Drill Sergeants:** They tell their kids what to do, say, think. Use lots of threats. Micro-manage. These parents are tired a lot too.
- **Consultants:** They are empathetic first BEFORE talking about the consequence. Always willing to give kids advice. Consultants don't own anyone else's problems. They teach kids to think using sorrow and consequences. These are Love & Logic Parents.

Great consultants teach what they wish to become – not what they already are.

It is ok to be a helicopter or drill sergeant from time to time.



# LOVE & LOGIC TECHNIQUE: WHEN KIDS ARE WHINING OR ARGUING, BREATHE & “GO TO YOUR HAPPY PLACE”

Step 1: Breathe and “go to your happy place.”

Don't think too much about what your child is saying. Why? If you think too much you might be tempted to reason with them. Less words is better. Don't make it complicated. Keep things simple.

Step 2: Softly repeat a single Love and Logic one-liner. Pick one statement and repeat it in a loving way.

- I love you too much to argue.
- I know.
- How sad.
- I listen when your voice sounds calm like mine.
- I don't know. What do you think?
- Probably so..
- What did I say?
- “Ohhhhhhhhh”



# EXAMPLES

Your toddler doesn't want to eat their dinner. She wants to chicken nuggets.

Deep breath.... "I know. There will be breakfast tomorrow."

\*\*\*\*\*

Your teenager wants to take his phone to bed.

Deep breath....."I love you too much to argue. You can have it back when you are ready for school in the morning."



**"When we do the right thing with (challenging) kids, it will almost always LOOK and FEEL like the wrong thing in the short term."**



# Breathe & “Go to Your Happy Place.”

Resist the urge to think.

Remember to use very few words.

Repeat a Love and Logic  
One-Liner:

- I know.
- I love you too much to argue.

Move away from the child.

**REMEMBER**

No sarcasm.

No lectures.

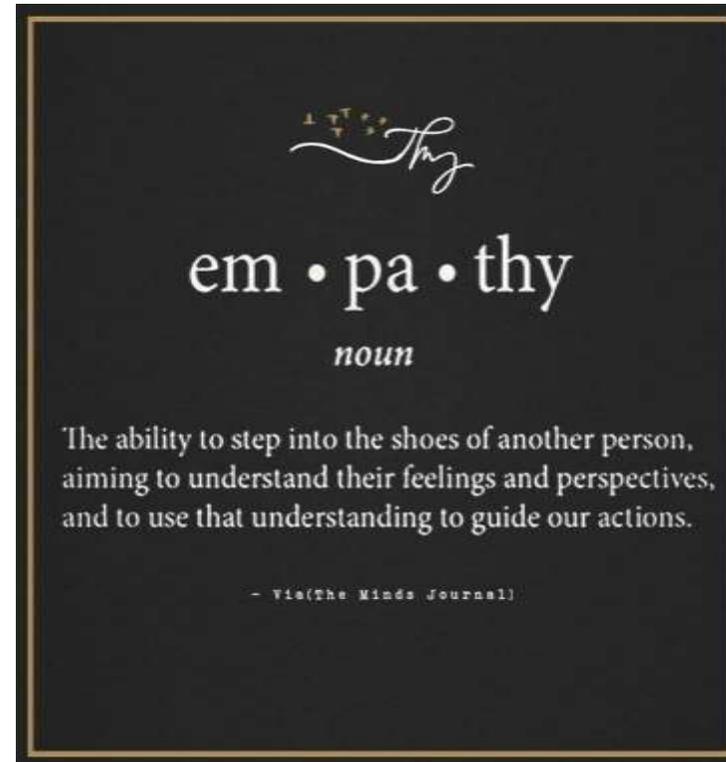
No anger or frustration.



# EMPATHY: THE MOST IMPORTANT SKILL

The most successful parents deliver a strong dose of empathy, or sadness for the child, before they describe the consequence.

- This is so sad...
- Oh sweetie...
- Uh oh...
- Oh, man...
- Bless your heart...
- Poor thing...
- What a bummer...



# EMPATHY

This is based on scientific research on the brain.

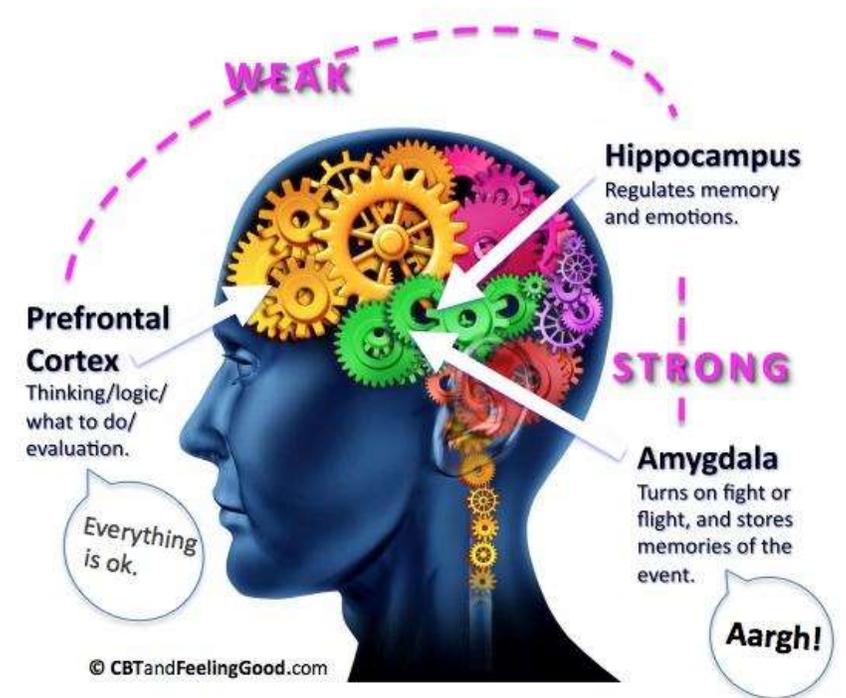
There are 2 parts of the human brain.

1. The pre-frontal cortex is where thinking, reasoning, and impulse-control happen.
2. The brain stem is responsible for basic survival and the “fight-or-flight” response.

Anger, lectures, warnings, and sarcasm create fight-or-flight.

Empathy prevents fight-or-flight.

REMEMBER: Your empathy must come BEFORE the consequence or bad news, not after.



# TEACHING KIDS TO LISTEN...THE FIRST TIME

Our children will always come to need at least the same number of reminders and warnings as we give them.

Set the limits once and follow through with loving consequences instead of lots of reminders or warnings.

- The first “E” of Love & Logic: **EXAMPLE**  
Kids learn far more from the example we set than from the lectures we give.
- The second “E” of Love & Logic: **EXPERIENCE**  
The road to wisdom is paved with mistakes. Mistakes made early in life are far more “affordable” than mistakes later in life.
- The third “E” of Love & Logic: **EMPATHY**  
Empathy allows kids to learn from their mistakes. Anger allows them to blame us for their problems.



# Stay C.A.L.M. model



**C** – is for *calmness, control* what you can....*communicate*

**A** – is for being *available* for your children

**L** – is for *listening* to input from your children

**M** – is for *modeling*



# Be REAL

- **R** elatable
- **E** xpose Vulnerability
- **A** pproachable
- **L** earning Through Life



# RELATIONSHIP FIRST. *Everything else second*



**The closer we feel to another person, the more devastated we feel when we do something they disapprove of.**

- At least once a day, notice something special about them.
- Remove any hint of sarcasm.
- Love them even when they're behaving not so loveable.
- Neutralize arguing.



# BONDING TIME

- Special Time
- 20 minutes a day
- Do something the child wants to do
- No comments, questions or directions
- Money in the child's emotional bank



# ACTIVE LISTENING

- Eye Contact
- Focus
- DON'T INTERRUPT
- Repeat back
- Listen for the feelings behind the words



# Notice What You Like More Than What You Don't

- Marriages with 5Xs more positive comments than negative ones are less likely to end in divorce.
- Business teams with 5Xs more positive comments than negative ones are more likely to make more money.
- Students with 3Xs more positive comments than negative ones are more likely to have good mental health and be successful in school.

Catch Yourself and Your Kids Doing What is Right



# Words of Affirmation/Be Specific with Examples

“I saw you \_\_\_\_ (pick your coat in your room) and that shows me that you are \_\_\_\_ (kind, thoughtful.)”



# Four Statements designed to get people to talk.

1. Tell me more about that.
2. How long have you felt this way?
3. What would you like to see here?
4. Help me understand.

Listen earnestly to anything your children want to tell you, no matter what. If you don't listen eagerly to the little stuff when they are little, they won't tell you the big stuff when they are big, because to them all of it has always been big stuff.

~Catherine M. Wallace~  
© Catherine M. Wallace, 2001

[www.SpirituallyThinking.blogspot.com](http://www.SpirituallyThinking.blogspot.com)



# LOVE & LOGIC TECHNIQUE: ENFORCEABLE STATEMENTS

**Never tell a resistant child what to do.  
Describe what you will do or allow instead.**

- When we tell resistant children what to do, this gives them a perfect opportunity to fight us – and to prove that we can't follow through.
- When we describe what we will do or allow, we have ultimate control over the situation.
- Why? Because we are setting limits by using our own behavior ...rather than theirs...we call the shots.



# ENFORCEABLE STATEMENTS



## Unenforceable Statements (Power Struggles Waiting to Happen)

- ☹️ Quit whining!
- ☹️ Pick up your toys.
- ☹️ Eat that! It's going to get cold.
- ☹️ Put on your shoes. Hurry up.
- ☹️ Put that back on the shelf.
- ☹️ Clean up that mess.

## Enforceable Statements (Happier Parents and Happier Kids)

- 😊 I will listen when your words sound like mine.
- 😊 I keep the toys I pick up.
- 😊 Breakfast will be on the table until the timer goes ding.
- 😊 My car is leaving in 5 minutes. Will you wear or carry your shoes?
- 😊 You may have that if you can pay for it before we leave the store.
- 😊 I take kids to the park when all of the messes are cleaned up



# ENFORCEABLE STATEMENTS

- 😊 Feel free to join us for dinner when you've washed your hands.
- 😊 You may drink out of this adult cup as long as I see you holding it with both hands.
- 😊 I read when it's nice and quiet.
- 😊 I will help you with your shoelaces after you do your best to tie them yourself.
- 😊 This is not okay. I'm going to do something about this....in a few minutes.
- 😊 I stay at the zoo as long as everyone is following directions.
- 😊 **You can have technology as long as it doesn't cause a problem with the family.**



# ENFORCEABLE STATEMENTS

How we say these words is just as important as what we say.

Remember to convey:

Kindness

Firmness

Sincerity



# LOVE & LOGIC TECHNIQUE: DELAYING THE CONSEQUENCES

When you don't know what to do, delay the consequences.

With empathy say,

**“This is so sad. I’m going to have to do something about this. But not now. We’ll talk later. Try not to worry.”**

Take time to put together a plan that you feel confident with.

Again with empathy, follow through with your plan...and let the consequence do the teaching.

If the child is old enough to remember a promise, he or she is old enough for delayed consequences.



# LOVE & LOGIC CONSEQUENCES

- Be a good coach
- Never discipline when you are out of control
- Use discipline to teach rather than to punish
- See misbehavior as a problem to solve
- FOLLOW THROUGH....



# TWEENS & TEENS YEARS

## – Be A Consultant!

- Set examples by taking good care of themselves as parents.
- Set limits and boundaries by telling kids how you will run your own life. Not how kids should run their lives.

“You can drive my car as long as it doesn’t cause a problem.”

- Hand the problem back to the child. Keep the problems on their shoulders in a loving way.

Teen wrecked the family car. Parent: “Wow. That’s rough. You will be driving again someday. As soon as you pay for that. How will you handle that?” “Would you like to hear some ideas. I need to calm down first. I will come back to you.



# Affordable vs. Unaffordable Mistakes

The road to wisdom is paved with mistakes...and consequences...and our empathy

## **Affordable or Unaffordable?**

- Forgetting their lunch in the morning
- Refusing to eat dinner
- Chatting with strangers online
- Wrecking their tricycle on the lawn
- Wrecking their car at age 16
- Wasting their allowance at age 13
- Wasting their bank account at age 33
- “Forgetting” to do their homework
- “Forgetting to complete a project at work
- Eating too much candy and feeling sick
- Drinking too much alcohol when they move out



# Building Resiliency and Determination



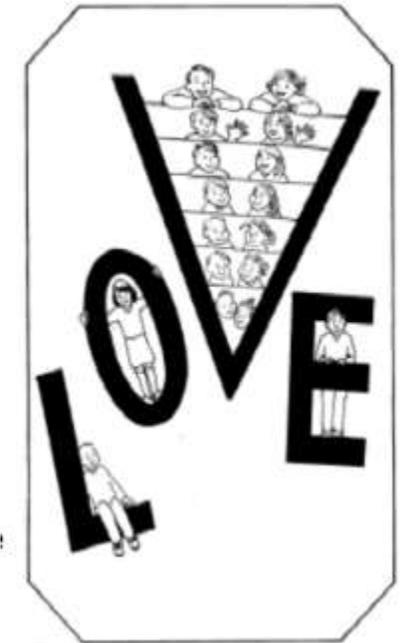
Softly ask your child...  
"What do you think you are going to do?"



# The Letter V of Love

Children require leadership and limits to feel secure. Envision the letter V in Love. When children are small, they're at the base of the V with few choices, little freedom, and small responsibilities that match their small size. As they mature, they should have more choices, more freedom, and more responsibilities. Freedom and responsibility should increase concurrently. Although limits remain, more freedom is provided. Children will feel trusted and healthfully empowered. If you reverse that V like this,  $\Lambda$ , and children are given too many early choices and freedoms, they will believe they should have all the choices. They will resent rules and responsibilities and feel as if you're stealing their freedom when you don't give them a choice or you try to set reasonable limits. They will seek instant gratification, total power, and expect to be treated as adults before they're ready to handle the responsibilities of their over empowerment. In adolescence, ordinary expectations of responsibility will cause them to become angry, depressed, and rebellious.

[Resource: Foundational Principles of Parenting by Dr. Sylvia Rimm](#)



**Firm and kind.  
Powerful and loving.**



# LOVE & LOGIC

## Skills and Consequences Aren't Working



1. Am I using too many words as I implement the technique?
2. Am I displaying anger or frustration?
3. Am I giving too many warnings before consequences...or lecturing too much afterward?
4. Has our relationship gone downhill?
5. Does this child – or do we, as parents – need professional help?
6. Is this a temporary phase?

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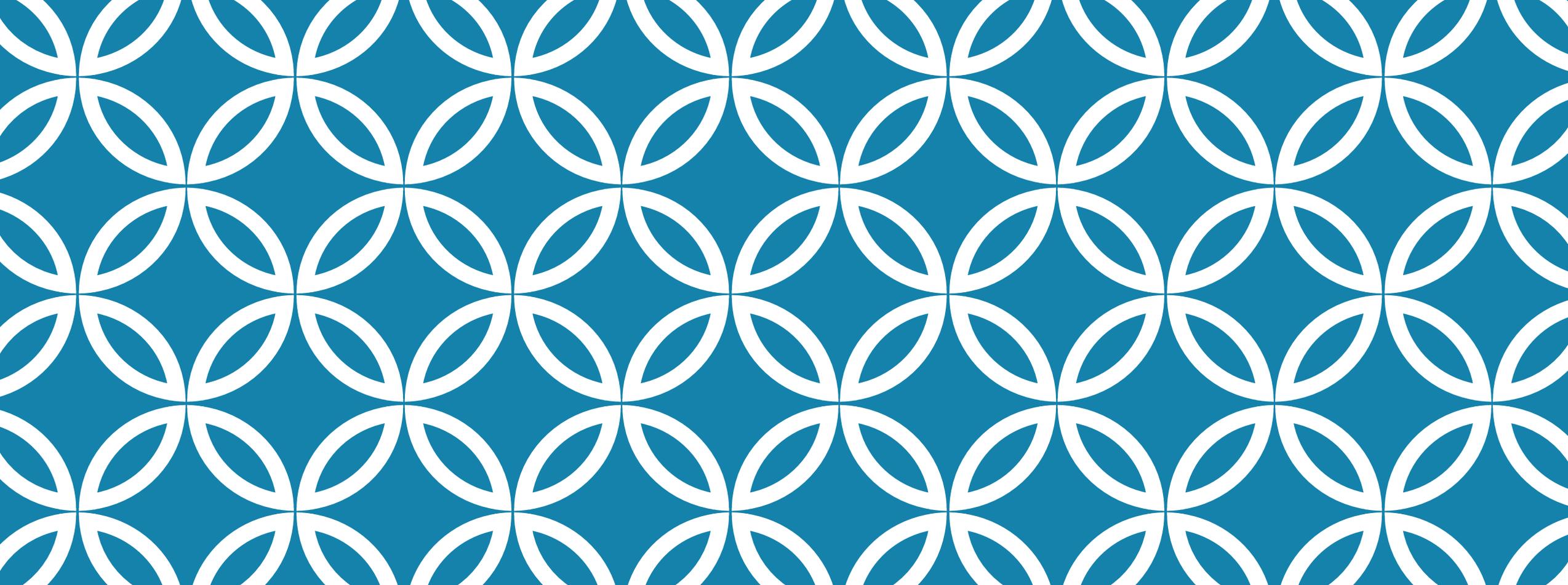
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