

Parenting Discipline Tips

Concepts taken from Love and Logic curriculum and book: Parenting with Love and Logic. See below for references.

Setting boundaries, discipline, minimize control battles... whatever the term you prefer to use, here are a few tips that can help you keep your sanity while getting your kids to do what you need them to do.

Minimize Arguments:

1. "You do not have to show up to every argument you are invited to." (Love and Logic).
2. "Describe what you are willing to do or allow." (Love and Logic).

Your Responses:

"I love you too much to argue with you."

"Aren't you glad I don't believe that!"

"This isn't a discussion."

"I listen and respond to kids who are respectful."

"Nice try!"

"I already said no once."

"What did I say?"

"I allow video games when kids are willing to shut down when I tell them it's time to shut it down."

"We will head to the park when everyone has their shoes and coats on."

"Feel free to stay in the room with us as long as you are not interrupting or playing quietly."

"I buy kids little items when they help me shop for the things I need."

"When children misbehave and cause problems, adults hand these problems back in loving ways." (Parenting with Love and Logic).

Provide Choices:

1. Do you want to make your bed first or pick up your toys first?

2. Do you want peas or carrots?
3. Do you want to wear the pink shirt or the purple shirt?

Giving Consequences:

Consequences need to fit the behavior. Kids have a good chance of learning an impactful, lasting lesson if parents allow natural consequences. For example, if a child chooses not to wear a raincoat, they will be wet and cold all day. Or, if they misuse their toy, they lose the privilege of playing with the toy. They see that they are the reason for their consequences and determine they do not want to do that again.

Providing Empathy in in Your Favor:

Being empathetic when your child has a natural consequence shows your child you care. They learn that it is not your responsibility to “fix it” for them. They learn that they are responsible for their own choices.

Example, “Oh man, this is so sad! You used your toy to hurt your brother and now you don’t get to play with it.” Make sure that you explain why your child is experiencing the consequences and put the responsibility on them. They made a bad choice and now they have a bad consequence.

Want to learn more?

Subscribe to our blog at

Subscribe to our newsletter at

Jessica Cody is an Independent Contractor, Facilitator for Love and Logic Curriculum. Adults supporting youth with challenging pasts. The 6-week course is geared towards caregivers who are parenting children that have experienced trauma. However, the information provided could benefit any parent/caregiver raising a child who has had a traumatic experience. View our website at redeemingtherpy.com/classes to sign up.

References:

Cline, F. and Fay, J. (1990). Parenting with Love and Logic: Teaching children responsibility. Carol Stream, IL: Tyndale House Publishers, Inc.

Fay, Charles, (2018). Adults supporting youth with challenging pasts, curriculum. © 2018 Love and Logic Institute, INC. Loveandlogic.com.



redeemingtherapy.com

405-319-0119

→ jessica@redeemingtherapy.com