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## Class Outline and Objectives for Class One:

### Parenting the Love and Logic Way®

This is a six-week class that consists of 2-hour sessions which are facilitated by a class moderator with the use of video presentations by Jim Fay and Charles Fay, Ph.D., discussing, modeling, and providing examples of each skill, readings, and structured group exercises and discussions. Each class teaches a subset of skills that complement the next class.

Target Audience: Parents with children of all ages, mental health professionals, and educators working with families.

#### 1. Session One: Putting an End to Arguing Back-Talk and Begging

Participants will learn:

- Why arguing, back-talk and begging can place a child at risk for having large emotional and behavioral problems later in life.
- Practical strategies for ending arguing, back-talk and begging
- The basics of the Love and Logic approach
- That mistakes made early in a child's life provide valuable learning opportunities if handled appropriately by parents
- The importance of holding children accountable for their poor decisions through the use of logical or natural consequences
- That mistakes made in life typically have much smaller "price tags" than those made later on

#### 2. Session Two: Teaching Responsibility without Losing Their Love Participants will learn:

- Why do children fail to learn responsibility when their parents refuse to let them make affordable mistakes?
- Why do children also fail to learn responsibility when their parents rescue them from the consequences of their poor decisions?
- Why consequences provided without empathy and love are ineffective.
- Practical tips for remaining calm and empathetic when children do things that upset them.
- Practical tips for building and maintaining positive parent-child relationships.

#### 3. Session Three: Setting Limits Without Waging War Participants will learn:

- Why telling children what to do results in power struggles
- How to set limits by describing what you will do or allow (using "Enforceable Statements")
- How to apply enforceable statements to everyday issues such as meals, homework, allowance, arguing, etc.
- How to replace idle threats with enforceable limits



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- The importance of taking time, getting support, and practicing before implementing logical consequences (the “Strategic Training Session”)

4. Session Four: Avoiding Power-Struggles Participants will learn:

- That perceived control is a basic human emotional need
- That we can either give control on our terms or wait for our children to take it from us on their terms.
- Specific guidelines of sharing control through choices ♦ Rules for the appropriate use of choices.
- When not to give choices

5. Session Five: Guiding Kids to Own and Solve their Problems Participants will learn:

- Why problem-solving skills are so critical for success in life
- How to apply five steps for helping children learn to own and solve their problems
- Practical examples of how to apply these steps to common problems, such as bullying, teasing, problems with teachers, etc.
- What to do when children refuse to own and solve their problems

6. Session Six: Teaching Kids to Complete Chores without Reminders and Without Pay Participants will learn:

- The connection between chores, responsibility, self-esteem and academic achievement motivation
- Practical tips for encouraging children to complete chores through the use of positive noticing, family teamwork and the establishment of a family focus based on serving others
- Steps for enforcing the completion of chores...without resorting to threats, warnings, anger, or bribes

Pre and Post Evaluation of skills used and learned will be given, along with a self-evaluation for each participant and evaluation of course presentation and facilitation.