

Love and Logic Parenting Tips for Preschoolers

Parents will **always** be the most important source of information and values for their children.

Share the control- Give choices

Give control away with choices when you don't need it so you can get some back when you do. Share control by giving the types of choices that do not cause a problem for you. For example:

Do you want the blue cup or the red cup?

Do you want to get dressed first or eat breakfast first?

Do you want to hop to the kitchen or walk?



Love and Logic Experiment #1: Sharing the Control

- **Make a list of choices you give your kids.**
- **See how many “deposits” you can make during the day.** (Every choice you give becomes a “deposit “ into your child’s sense of healthy control. Have fun with the choices.)

Common Misunderstandings about Discipline:

True or False?

Discipline and Learning Require Language

FALSE : The family dog can learn to sit and stay; kids are smarter than dogs.

Replace lots of words, lectures and warnings with actions.



A Little Child Cannot Remember and Learn

FALSE: Have you ever promised a 2-year old a trip to the park or to McDonald’s and then forgotten to deliver?

Setting Limits Will Break a Young Child’s Spirit

FALSE: Children who are made happy all the time by their parents experience a major shock when they begin to grow up and become unhappy and demanding!!

A child’s ability to learn basic cause and effect begins during the first weeks of life. (Screaming brings Mommy, When I smile my mommy smiles) Our primary goal when our children are infants must be to develop a strong, caring bond. Bonding builds a foundation of trust that lasts a lifetime and influences every relationship a person experiences. Bonding requires basic limit-setting.



When children act out, what they’re really saying is, “Please love me enough to set some limits!”

When parents offer choices, model and make a task fun, learning happens quickly.

Children **love** to make choices; even when they seem silly to us. The decisions they make on their own make them feel important, leave them with a sense of control and give them lots of chances to exercise their brains. Kids want to be like their parents/ teachers. Whatever grown ups do, kids naturally want to be able to do, too. If parents/teachers think choices are fun, kids will too.

Children who can solve their own problems wind up feeling better about themselves.

When it comes to toddlers and preschoolers, our responsibility as parents is to accomplish three tasks:

- **Consistently meet basic needs**
- **Distinguish between kids' needs and wants**
- **Set limits**

In order to become kind and responsible people, kids must develop a healthy bond with the adults who care for them. This bond can only be maintained when loving limits are regularly set and faithfully enforced.

Limits say to your child:

- I love you enough to keep you safe.
- I love you enough to help you feel secure.
- I care enough to teach you the difference between your needs and wants.
- I care enough to prepare you for the real world.



Healthy bonding requires both love and limits. If we set no limits with children, they feel angry and unloved. If we want children to have internal controls and inner freedom, we must first provide them with external controls. A child who is given boundaries and choices within those boundaries is actually freer to be creative, inventive, active and insightful.

Love and Logic Experiment #3: Strengthening the Bond (I noticed. . .)

- **Pay attention to what your child loves and write these things down.** For example, a certain stuffed animal or toy, drawing or coloring, certain shoes or clothes, playing a certain fantasy game (princess or super hero), a specific type of food, etc.
- **At least 3 times a week, walk over to your child, smile and notice these interests.**

“I noticed you like to draw.”

“I noticed you really love those shoes.”

“I noticed you like to pretend to be the princess.”



Do NOT end these statements with “That’s great!” Only tell what you observe/notice.

- Notice how your child reacts.