



RAISING PATRIOTIC KIDS

Teaching Self-discipline with Love and Logic

No democracy can survive without a self-disciplined population. Preserving our democratic way of life requires that we teach our youngsters the true meaning of patriotism: "There is no freedom without responsibility."

For more than 25 years, the Love and Logic Institute has been devoted to giving parents effective, easy-to-learn tips for raising kids who can think for themselves and make wise decisions, even when no adults are watching. We believe parents can raise responsible, self-disciplined kids, enjoy a happier family, and strengthen our great nation at the same time. Start teaching the value of self-discipline to your kids today by following these tips:

Tip 1: Model self-discipline by thinking out loud.

When your kids can hear you, model self-control by saying things like:

- "I sure would like to go faster, but I better stick to the speed limit."
- "The clerk handed me too much change. I really wanted to keep it, but I'm glad I was honest and gave it back."

Tip 2: Give your kids a small taste of democracy at home.

Kids who have never been allowed to make decisions when they are young lack the skills essential for making wise ones when they are older. Effective parents teach decision-making by giving their children plenty of opportunities to practice. They do this by providing many small choices, such as:

- "Would you like apple juice or grape juice?"
- "Would you like your curfew to be 9 or 9:30 p.m.?"

Tip 3: Allow your children to make plenty of "affordable" mistakes.

As children grow larger, so do the consequences of their poor decisions. Love and Logic parents pray for their children to make plenty of small mistakes when they are young, so they'll have the wisdom and self-control to avoid larger ones when they're older. Love and Logic teaches, "The road to wisdom is paved with mistakes."

Continued...