

Love and Logic

Tip 4: Lock-in self-discipline with the “Empathy + Consequence” formula.

The seeds of wisdom and self-discipline are planted when children see their poor decisions lead to uncomfortable consequences. Unfortunately, some parents destroy the teaching value of consequences by delivering them with anger. Parents who make this mistake raise kids who reason, “When I act irresponsibly, it makes other people really mad. Next time, I’d better not get caught.” Not surprisingly, these children lack self-control and require constant supervision.

Wise parents deliver consequences with sincere sadness or empathy. As a result, their children reason, “When I act irresponsibly, it makes my life sad. The quality of my life depends on the decisions I make.” Therefore, these kids understand freedom and responsibility go hand-in-hand.

One parent we know commented, “Love and Logic saved my son’s life. Instead of getting in a car with a bunch of kids who had been drinking, he decided to stay home. The next day, we learned about the crash. One of his best friends died that night.”

Don’t wait until it’s too late! Get started with Love and Logic and join the thousands of parents who are raising more responsible kids, building happier families, and strengthening our nation.

Charles Fay, Ph.D. is a parent, author and consultant to schools, parent groups and mental health professionals around the world. His expertise in developing and teaching practical discipline strategies has been refined through work with severely disturbed youth in school, hospital and community settings. Charles has developed an acute understanding of the most challenging students. Having grown up with Love and Logic, he also provides a unique... and often humorous...perspective.

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