

January 20, 2021

Ocean View Parent Support Newsletter



Hi Parents, Guardians and Helpers!

Our parent support group monthly meetings were a great source of information and opportunity to support, share resources and relate to one another. We miss meeting in-person but are excited to share and connect through a newsletter while we are in Virtual Mode!

Those who were in attendance at the meetings may remember the Love and Logic method--Parenting Skills and Techniques from the Love and Logic Institute, Inc.--that we discussed on a regular basis. These short articles will emphasize topics that are very much a part of this model.

To recap, the basis of this parenting and teaching method is: **Allowing children to grow through their mistakes and learn from the consequences of their choices.** There are two basic rules in Love & Logic: **1) Adults set firm limits in loving ways without anger, lecture, threats or repeated warnings.** *How this looks:* Set limits using enforceable statements, regard mistakes as learning opportunities, and resist the temptation to nag. **and 2) When children misbehave and cause problems, adults hand these problems back in loving ways.** *How this looks:* Provide empathy before describing consequences, use few words and more loving actions, delay consequences when necessary, and give kids the gift of owning and solving their problems.

Moving forward, this month's letter is about the ultimate foundation of Love & Logic and that is: ***Relationship***. Basically, before we can set limits with our kids, we have to nurture our relationship with them. Kids are much more likely to care about consequences when they come from someone they love and respect.

What We Can DO!!!



- Focus mostly on their strengths rather than their weaknesses.
- Smile at them as often as possible.
- Write them little notes or messages that tell them how much we adore them.
- Greet them each day with a hug or high five.
- Make sure that they overhear us talking about how much we love them.

It is never too late to repair and build a healthy bond. Practicing new thoughts and actions with our kids will pay off in big ways-- lots more love and respect--**Hooray!!!**

-The Ocean View Team