

Love and Logic Tip

I (Charles) learned an important lesson about fast food, focus, and the finality of many decisions we make. Rushing to my car, I placed the takeout package on the roof, unlocked the car, and pulled into traffic. Perceiving the honking of other drivers as pure road rage, I proceeded upon my way. It was amazing how long that meal clung to the top of my car before it flew under the tires of the F-150 behind me.

Our lives are full of decisions...and their consequences. They aren't punishments. Nobody took my lunch, attempting to make me pay for my lack of focus. It was just a simple result of my lapse.

Punishment, sarcasm, guilt, anger, and other negative practices are not effective.

Positive relationships form the foundation of all effective discipline. The safety and security provided by meaningful relationships is the foundation on which all children begin seeing the connections between their choices, actions, and resulting consequences. As they experience the calmness and trust of loving relationships, this cause-and-effect learning will begin to happen.

When delivered with love and empathy, logical consequences help provide accountability. In many cases, an element of restitution can give a child the chance to feel like he or she "made it right." Loving accountability can help kids feel the following:

I'm loved.

I'm competent.

I can solve problems.

All kids thrive when they embrace these beliefs.

- Dr. Charles Fay & Jedd Hafer

(Edited for newsletter space consideration by Elaine Obbink.)