

KidNews Today

The Catholic School Edition

Holy Family Catholic School

Visit us online at

www.holyfamily-school.com

Love & Logic Parenting

**Volume 4
Issue 5**

December 2011

ISSN:

1936-7899

Love and Logic parenting is built around a simple, straightforward philosophy: by being empathic, calm, firm, and using natural consequences to children's choices, we teach our children to understand cause and effect, make better choices, and extricate ourselves from constantly being the bad guy in family life.

Jim Fay and Foster Cline, MD, developed the Love & Logic approach about 30 years ago, and it still stands out as an unusually comprehensive philosophy of discipline. It's much more than a technique, or set of rules. It's a way of understanding the purpose of discipline and consequences that can lead to using far less discipline over time.

It's always a privilege to share this approach with parents, grandparents, teachers and others who love and care for children. We value our relationship with our kids, and this approach emphasizes the importance of that relationship. After all, the most important influence we have, ultimately, is our relationship with that child. Yes, we may send a small child to time out, but that's not a life time plan. By age 11 or so, they are no longer "portable," and you cannot just "make" them go to the bedroom for timeout. After the portable stage, a child is obeying either out of fear, or because the child also values the relationship and wants to do as little harm as possible. This is why the Love & Logic emphasis on empathy and caring, rather than yelling and put-downs, is such a critical part of the philosophy. Empathy comes first.

Another important point in Love & Logic is to give choices when reasonable. Often we can provide some sort of limited choice in most circumstances, which gives the child practice at making choices when the outcomes are safe. It doesn't cost you

any of your authority as a parent to ask, "Do you want to do your chores right now, or wait until you're done with your 1/2 hour of television?" This does give the child a chance to be responsible, whether the chore is done immediately or remembered in 30 minutes. Remember that the child who "forgets" the trash is always able to remember if you promised ice cream after dinner, so ignore claims of forgetting and just explain the outcome.

Sometimes the outcome can be handled pretty gently. "Everyone whose chores are done can have ice cream for dessert." Plain and simple: everyone can tell who is, and is not, entitled to dessert. If you make the announcement before dinner, or at breakfast, that should cover the problem.

Love & Logic also reminds parents not to give endless warnings (when you remind 3 times you teach your kid to only listen the third time you say something). Also, for most situations, you don't need a consequence on the spot. It's perfectly OK—in fact, better than OK—to let the child know you need time to figure out how to handle some particularly irresponsible or disrespectful behavior, and that you'll address it later. Then you can be calm, thoughtful, and in control of yourself and your temper. There's lots more to Love & Logic and I encourage you to explore it! - Dr. Lori Puterbaugh, LMHC, LMFT

Inside:

<i>Resources</i>	2
<i>Health News</i>	2
<i>Relationship Corner</i>	3
<i>Something to Talk About...</i>	3
<i>Tip of the Month</i>	4

Faith-Friendly News
You Can Use

**Sr. Flo Marino,
Administrator**

**Holy Family
Catholic School**

727-526-8194



DECEMBER HOLIDAYS

Feast of the Immaculate
Conception 12/8

Feast of Our Lady of
Guadalupe 12/12

Hanukkah begins at sun-
set on 12/20

Winter begins 12/21

Christmas Season begins
with the Vigil 12/24

December resources for parents & professionals

Naturally, the classic Love & Logic books by Jim Fay and Foster Cline, MD, are wonderful resources. These are **Parenting with Love and Logic**, and **Parenting Teens with Love and Logic**. The website, www.loveandlogic.com, contains information about Love & Logic, many free resources, a free email newsletter with a weekly tip on implementing Love & Logic in your life, and a wealth of CDs, DVDs, and Mp3's, as well as books for purchase. An exciting new book is **Love and Logic Magic for Lasting Relationships**, by Jim Fay and Dr. David Hawkins. This book teaches readers to integrate the Love & Logic philosophy of empathy and skilled communication across relationships: work, family and friendships.

Fun gift for a family with kids (or without kids): a bird feeder, a starter box or bag of bird seed, and a small book on birds local to the area. Buy a commercial birdfeeder, get an unfinished one from a craft store and decorate it together as a family (I bought one for about \$5), or make one from scratch or a kit.

Introduce kids to the world of beautiful art from their earliest years: board books illustrated with famous paintings are wonderful ways to provide visual stimulation, story time and integrate awareness of art into daily life. Some starters: **Dancing with Degas**, or **A Picnic with Monet**, both by Merberg & Bober (about \$6.50 at Amazon.com).

HEALTH NEWS: Holiday stress, lots of errands, less sleep, less time...! Stress plus the normal increase in cold and other germs means we're more likely to get sick when we have the least time for the rest and recuperation we need. Here are some tips to minimize the negative effects of the holidays on your health: Consider reducing your exercise by 1/3 for a few weeks (assuming you are a regular exerciser). The extra 15-20 minutes per day may be helpful in terms of sleep, relaxation or chores. *Take a piece of fruit with you every day to eat on the run. *Cut off caffeine at least 6 hours before bedtime to improve your sleep. *The average American watches about 5 or so hours of television per day. Cut down to 1 a day unless something truly special is on. Except for special movies or family shows, only watch television when you can multitask with either chores or exercise. Walk in place if that's what works! *Consult your doctor about the flu shot and what supplements, if any, are appropriate for you and for family members. Be sure not to add supplements or herbal mixtures without consulting with your health professional, because of the risks of interaction with medications and health conditions. *Take 30 minutes one weekend day to prepare all your clothes for the week. The average woman changes 3 or 4 times before settling on an outfit for work; you can save about 15 minutes each work day by prepping all at once on Sunday. When you are rushing less, you can find time to have something healthy to eat and grab that fresh fruit to go. *Environmental noise adds to stress. Create quiet in your environment whenever you can. Even the radio you absentmindedly flip on as background noise can contribute to the sense of lots of demands on your attention. *Except for things like folding laundry or packing lunches during the television news, multitasking is overrated. It tends to make you less effective and efficient at tasks. Do one thing at a time. *Regularly rehearse the stress management technique of deep, slow breathing combined with progressive muscle relaxation. In the short term, this can successfully trigger the parasympathetic nervous system, which is what hits the "reset" button when you are very stressed. In the long term, the regular practice strengthens your brain's relaxation response, making your body more effective at relaxing on demand. Practice at least twice a day for about 5 minutes. One rehearsal can be after you've gone to bed for the night. *If you are working on weight management, approach the holidays with the idea that, this time of year, maintenance = success. Use the available information on nutrition and servings to plan for special meals with family and friends. Don't apologize for refusing a second helping. Interrupt your negative self-talk when it starts. Don't feel obliged to explain, either, unless you want everyone present to express their unsolicited opinion on diet plans and your personal appearance. *Smiling releases endorphins and is ultimately good for you. - Dr. Lori Puterbaugh, LMHC, LMFT

KidNews Today: The Catholic School Edition, is published and written by Dr. Dolores Puterbaugh, LMHC, LMFT
Institutional Subscriptions are available. This publication is for information purposes only and cannot replace professional advice. Contact us at:
Dr. Puterbaugh, 801 West Bay Drive #436, Largo FL 33770 727-559-0863 info@KidNewsToday.com

Relationship Corner: When Being with Family Hurts

The holiday season can sometimes be very painful. Anniversaries of losses are one special type of holiday suffering. Another problem is that there is an expectation that we spend time with family. Family isn't safe, or healthy, for everyone. While 11 months of the year we might be able to avoid dealing with that fact, in December, having a troubled, or troublesome family or family member is painfully obvious.

Adults have the obligation, and privilege, to protect children from hurtful relatives. Examples include older family members who overtly favor one group of children

over another, ignoring or even belittling some nieces, nephews or grandchildren while fawning over others. It's better to make other plans and not interact in person with such people if they cannot be kind to the children. Another example is the family member whose addiction becomes sadly obvious during holiday meals. If this happens, it's better to quickly and as gracefully as possible exit than to try to ignore it, downplay it or somehow imagine you will miraculously enforce peace, or détente, with someone who has been drinking to excess or is otherwise in an altered state.

Save yourself the aggravation of thinking

you are obligated to explain every choice you make. If you know that a holiday dinner at another family member's home is bound to be a terrible display of meanness or fighting, then make other plans and offer to get together at another time if it is emotionally and physically safe to do so. Remember that Hanukkah lasts 8 days and Christmas lasts 12; there is not an obligation to all get together on one specific date. Don't make excuses, or lie; just state whether you are available and make a counter-offer if appropriate. Write down your talking points before you make the phone call if that makes it easier. - Dr. Lori Puterbaugh, LMHC, LMFT



protect children from hurtful relatives

Something to Talk About: Coping with Envy

Envy is wanting to have something someone else has, and being resentful that the other person has it. In other words, if you see someone has a nice phone, and you think, "Cool phone, I'd like to have one," that is not envy. If you start thinking mean thoughts about the other person, such as that the other person has a bad attitude, or is conceited, or doesn't deserve the item, then you are creeping into envy. This is too complex for a short column, but here are some things to talk about with the people who are helping you form your

conscience: is it wrong to want to have nice things? Is it fair for some people to have nicer things than other people may have? Who gets to decide what is, and is not, fair in this situation? Does it matter whether things are fair?

How should you treat someone who has more than you? Less than you? Why do some people care about having things more than others? Is it better to care more, or less, about possessions? Who decides what is "better" in this situation?



Ultimately, your value system and your faith guide you through the steps of developing ideas and then searching for more information. Wise adults can help you understand how values, faith and ethics relate to our friendships and our stuff. This is complex, and it is definitely something to talk about! - Dr. Lori Puterbaugh, LMHC, LMFT

Smart Kids, Not-so-Smart Choices?

What happens to kids during their mid teens? How does your level-headed ten year old become a seemingly irrational fifteen year old? Are you tempted to blame it all on hormones?

Hormones are only part of it. During the teen years, the brain undergoes a significant phase of what can be described as both rewiring and development. During the transition, the teen brain functions a bit differently.

One very notable difference is a decrease in the effectiveness of executive functioning. Among other roles, executive functioning helps mediate between emotional impulses and logical thought. New research in brain imagery has shown there really are significant changes happening, and some psychological researchers are recommending the legal system consider raising the age at which children accused of serious crimes can be charged as adults.

Another difference during the teen years is a (usually temporary) difficulty in reading emotions on others' faces. In particular, teens are liable to interpret a wide range of emotional expressions as anger, which may explain why they can react so defensively before you've even said anything. Expressions such as sadness, boredom, disgust or worry can all look like anger to teens. While there's no cure for this, besides time, it can be helpful to keep in mind that more likely than not, your teen truly will outgrow this stage! - Dr. Lori Puterbaugh, LMHC, LMFT

Grownup Tip of the Month: A Little Quiet, Please!



A little respite of quiet in the midst of the holiday season sounds too good to be true! For Christians, the essence of Advent is quiet reflection, and for everyone, the time around the New Year is often a time of some reflection and insight into areas of our life that could use some growth.

Ways to sneak a little quiet into the mix: *Turn off the television. It will still be there tomorrow.* Switch to instrumental music or just quiet in the background. Dim the lights and enjoy the tree or the quiet of your room. *Cut exercise by about 1/3 and use that time for reflection and relaxation, not to fit in one more chore.* Delegate, delegate, delegate. Stop re-doing the chores your spouse or kids don't do perfectly. *At least once, treat your Sabbath like a Sabbath: schedule only worship and quiet time with family and your God. Get up 15 minutes earlier and have your wake-up coffee or tea outdoors or while looking at the Christmas tree. Get to worship 15 minutes early and sit quietly. Focus on why you are there and Who you are there to serve.* Plan a day of quiet sometime between December 23 and December 30. Don't plan errands, major tasks, or social events. Keep the expectations very low and savor the slow pace after the rush. *Find out what it's like to walk without earphones. It's a great time to pray; take your rosary for a walk!* Practice saying, "No, thank you," to invitations that are burdensome. Enjoy the peace and quiet! - Dr. Lori Puterbaugh, LMHC, LMFT