

Winning with CF

Parenting Children with Health Issues

Essential Tools, Tips & Tactics for Being a Great Parent when Every Moment Matters

*with Foster W. Cline, MD
and Lisa C. Greene*



Getting to Know You...

♥ Introductions

- Your first name and where you live
- Ages of your child(ren)
- First name and age of child with CF

Daily Life with Cystic Fibrosis...



Note: The speakers have no significant financial interest or relationship with any products or companies except an author/ publisher relationship with The Love and Logic Press.

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Meet the Authors

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Child psychiatrist, author and
co-founder of Love and Logic



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Mother of two children with
cystic fibrosis, parent
educator and
certified parent coach

About Love and Logic



♥ **Jim Fay**
Educator, author and
co-founder of Love and Logic

♥ **Charles Fay, PhD**
Child psychologist and
President of Love and Logic



Housekeeping Issues

- ♥ Meet at the same time, same place for 7 weeks.
- ♥ Teleclass procedures and etiquette
- ♥ Take good care of yourself!
- ♥ Confidentiality
- ♥ Time Management & Questions
- ♥ This is the No Guilt Zone!






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Parents must determine whether these tools and techniques are appropriate for their family given their child's unique medical situation.

Medically-based reasons for behavioral problems should always be considered.

This information is not intended to replace professional medical or mental health care. Please consult your doctor.



The information being presented has been found to work with most children most of the time.

However, Love and Logic makes some important assumptions:

- That parents are psychologically healthy
- That parents love their children and want to do what's best for them
- That parents enjoy (or can learn to enjoy) being involved with their children
- That the children are capable of love and causal thinking



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Great doctors, medicine and technology are helping people with CF live longer, healthier, happier lives.

But there's a problem....



The Problem...

You can't *make* people do what you want them to do!!

No one can force another person to adhere to medical requirements, not give up or stop being self destructive.

Responses that don't work in the long run:

- Demands, Lectures or Punishment
- Attempts at making a person feel guilty
- Trying to force parents to take the blame or take over what should be the child's responsibilities

Frustration!



- ♥ Every difficult job has it.
- ♥ Great leaders don't show it.
- ♥ It means I am having trouble coping.

Using Effective Parenting Skills:



- ♥ Decreases Frustration, Worry and Guilt
- ♥ Improves the Parent / Child Bond
- ♥ Increases the Odds of Medical Adherence
- ♥ Empowers Kids to be Confidant & Responsible
- ♥ Gives Parents and Children Hope



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What can we do to increase the odds that adherent children will remain that way?

When a child is resistant or non-adherent, what can we do to improve the situation?



Love and Logic

Encourages Responsibility

Builds Self-esteem

Promotes High Coping Skills

Teaches Competent Responses

Is Research- Based

Has Over 30 Years of Success



Challenges (Now)

Characteristics and Life Skills (Future)

Preparing Kids for the Real World

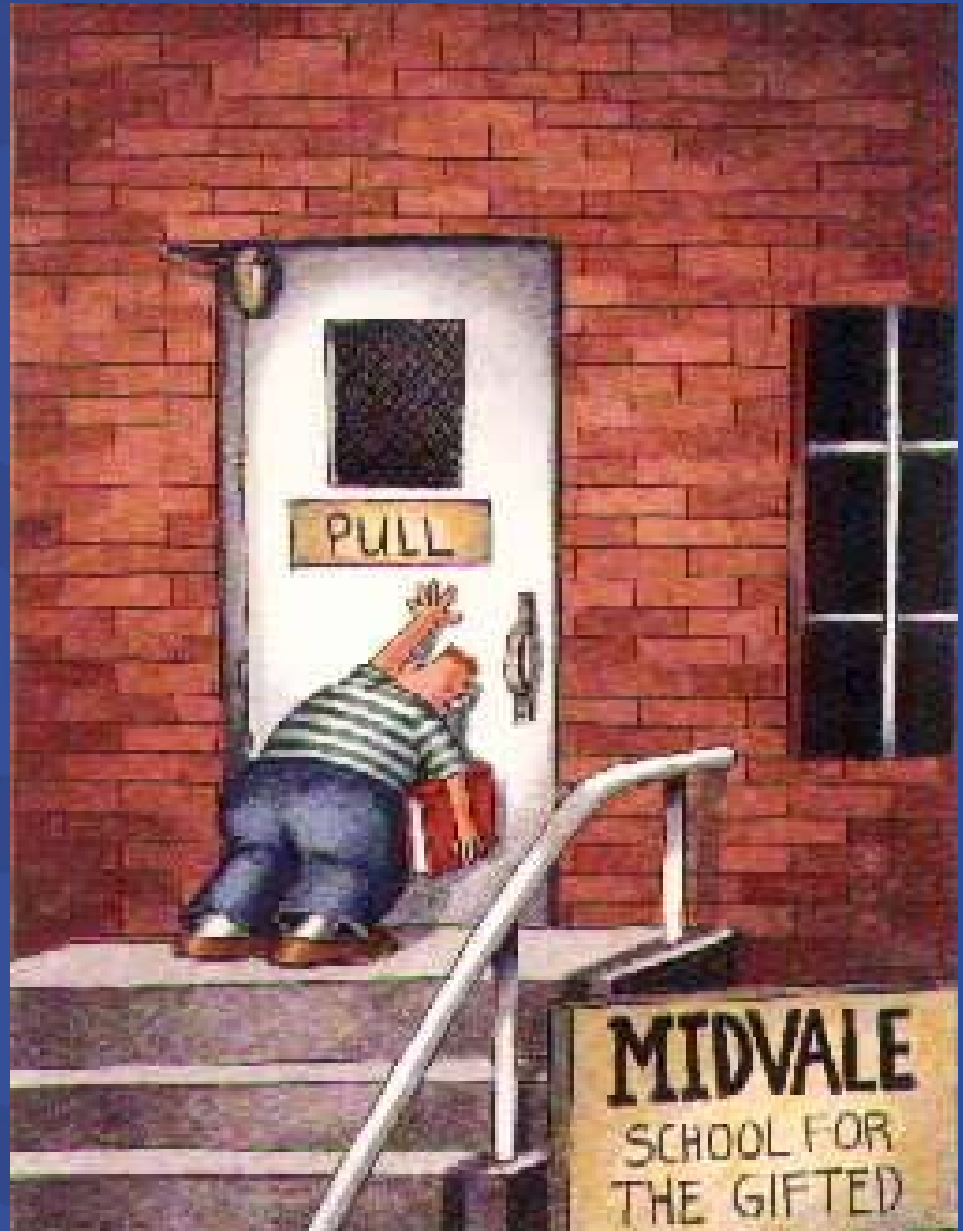


“I recognize this world. We practiced for it at home!”

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How are
the
important
things
learned?






Love and Logic Audio

Your Kids Don't Make Enough Mistakes



Dr. Charles Fay

<5:57>



From the Inside Out: How Children *Really* Learn

- Allow New Experiences
- Set the Example
- Demonstrate Empathy
- Show Your Expectations
- Offer Encouragement



The E's of Love and Logic

Experience

Example

Empathy

Expectations

Encouragement

Reminding

Ranting

Raving

Rescuing

Reprimanding



Love and Logic Audio

The E's of Love and Logic

Foster Cline, MD

<11:48>





The E's of Love and Logic

EXPERIENCE

The road to wisdom is paved with mistakes and consequences.

Mistakes made *early* in life are far more “affordable” than mistakes made later in life.



The E's of Love and Logic

EXAMPLE

Kids learn far more from the example we set than from the lectures we give.



The E's of Love and Logic

EMPATHY

Empathy allows kids to learn from their mistakes.

Anger allows them to blame us for their problems.



The E's of Love and Logic

EXPECTATIONS

- ♥ Avoid: warnings, worry, criticism, pessimism and disappointment.
- ♥ High expectations given with demands can result in feelings of inadequacy.
- ♥ Express high but reasonable expectations.
- ♥ Give children the “can do” message.



The E's of Love and Logic

ENCOURAGEMENT

- ♥ False praise can lead to disrespect.
- ♥ Use questions, not statements.
 - No: “Good Job!”
 - Yes: “How do you feel about that?”
- ♥ Smiles, hugs, and enthusiasm.



Praise versus Encouragement

Good Job!

How are you feeling about the job you did here?

I'm proud of you.

Are you feeling proud of yourself right now?

How do you manage to remember your enzymes before you eat?

I notice that you've been exercising a lot lately...

Would you say that your calorie intake lately is an A?



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Love and Logic Skill Builder

Neutralize Arguing, Whining and Complaining



Love and Logic Audio

Put an End to Whining and Arguing

Jim Fay

<13:37>





How to Stop Whining, Arguing and Complaining

♥ Use Empathy:

- Empathy can soak up negative emotions
- “That sounds really frustrating. And I’m happy to discuss it when your voice is calm like mine.”

♥ Master the One-liner:

- Step One: Go brain dead!
- Step Two: Softly repeat a one liner:

Probably so	I love you too much to argue
I know	I don’t know (I dunno)
I bet it feels that way	Nice Try
What did the doctor say?	Ohhhhhh



Practicing One-liners

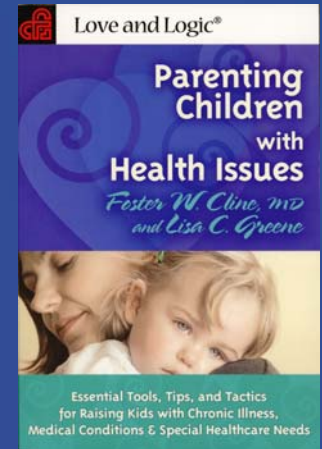
I don't want chicken. I want pizza! **I know.**

But grandma lets me skip my breathing treatments! **I love you too much to argue.**

I'm too busy to eat right now. **What did the doctor say?**

But Joey started it first! **How sad.**

I hate you, you're mean! **Ohhhh.**



Life Applications

- ♥ Workbook Session One
Reading and Exercises
- ♥ Practice Neutralizing
Arguing, Whining and
Complaining



In the next session, you'll discover:

“C” Stands for Control That’s Shared

- ♥ **Good Parental Self-care**
- ♥ **Building Self-concept**
- ♥ **Parenting Styles**
- ♥ **The Art and Science of Control**
- ♥ **Avoiding Food Fights**

Thank You for Joining Us!

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