

# *Welcome to Session Four*

## **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...

## ♥ Enforceable Statements

Share the results of your experiments with enforceable statements.

# *This Session Teaches:*

- ♥ Who Owns the Problem?
- ♥ The Dangers of Over-protection
- ♥ Guiding Your Child to Solve Problems
- ♥ Talking about Tough Issues

## Raising Kids Who C-O-P-E

**P**

**Problem  
Solving Skills**



# Love and Logic Audio

## *Units of Concern*

Foster Cline MD

<9:25>



# Separation of the Problem: Who Owns the Problem?

- Units of concern concept
- This *must* change as the child grows older.
- What am I going to do vs. What are you going to do?



# Over-protection and the Cycle of Hostile Dependency

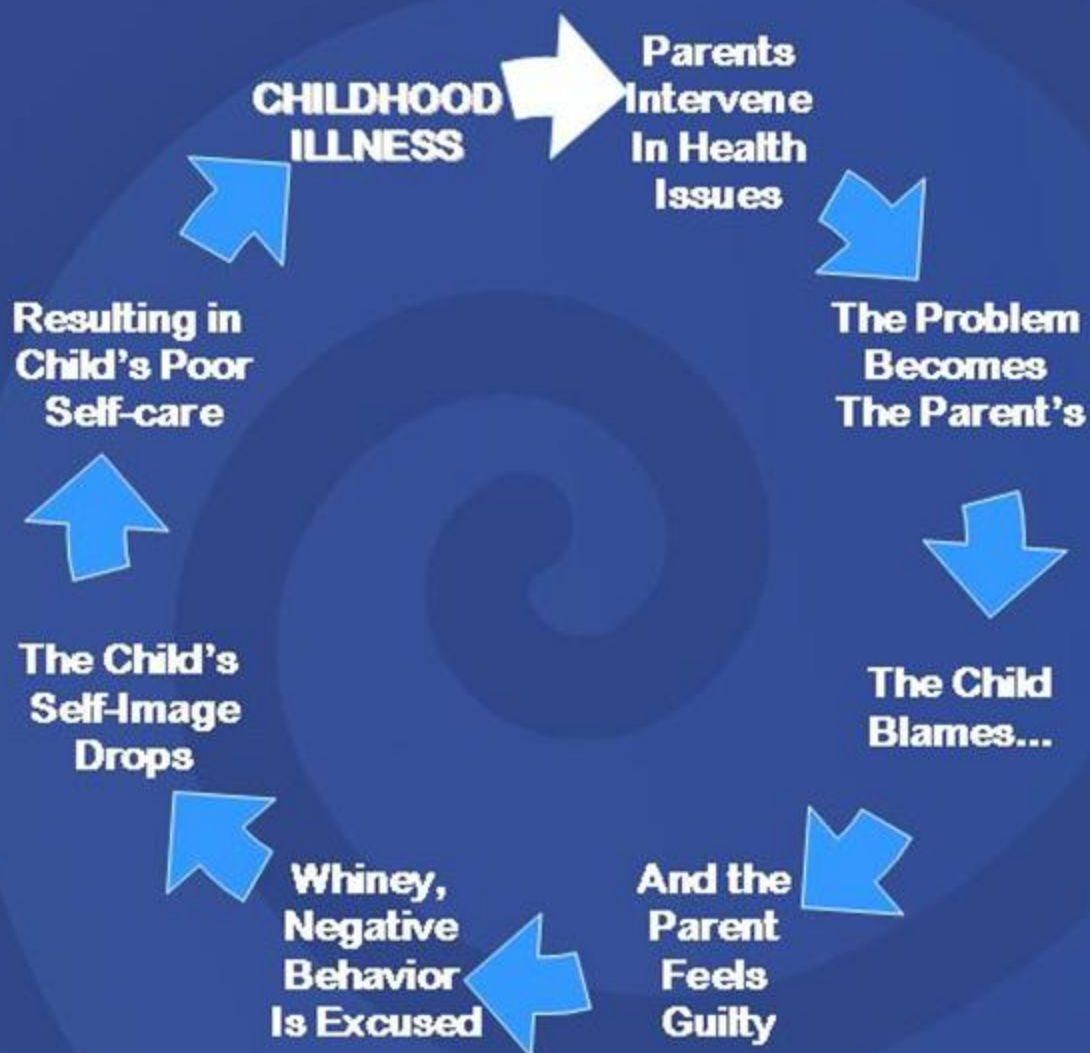
### Definition:

When kids (people) feel helpless or cheated and always demand more while expecting others to give it to them rather than accepting the responsibility of taking care of their own wants and needs.

# Parenting Children with Health Issues

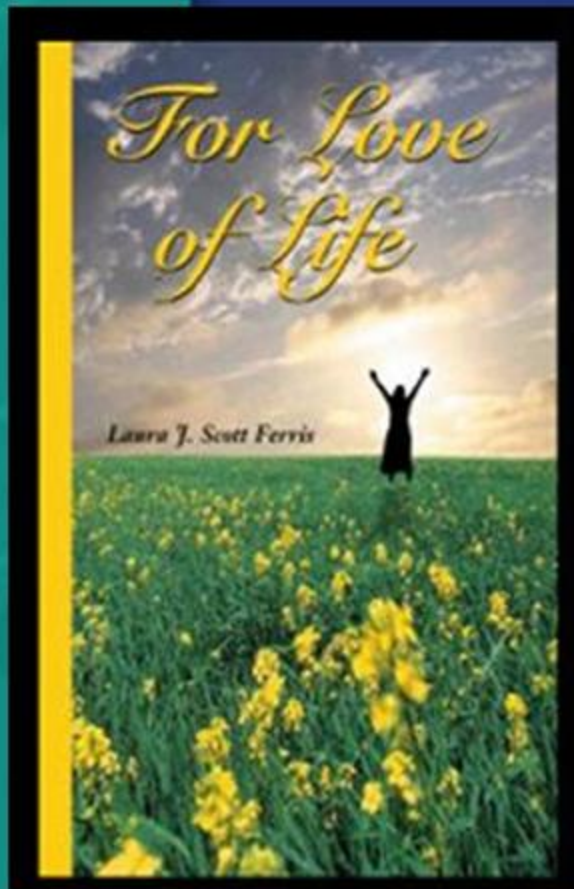
Essential Tools, Tips & Tactics for Being a Great Parent when Every Moment Matters

## Cycle Of Hostile-Dependency



# Laura Owns the Problem

Getting kids to lecture themselves:



- I have some thoughts and ideas...
- Was this great change your idea?
- What grade would you give yourself?
- Not “why” but “how will you handle...”



# Who Owns the Problem?

A child who knows his problems are the concern of another, concerns himself with none of his problems!



# Who Owns the Problem?

The best solution always comes from the person who owns the problem.





# Steps to Guide Kids to Solve their Own Problems

**Step 1: Give the child a sincere dose of empathy.**

**Step 2: Send the “Power Message.”**

**Step 3: Offer choices.**

**Step 4: Have the child state the consequences.**

**Step 5: Give permission for the child to solve or not solve the problem.**



# Love and Logic Audio

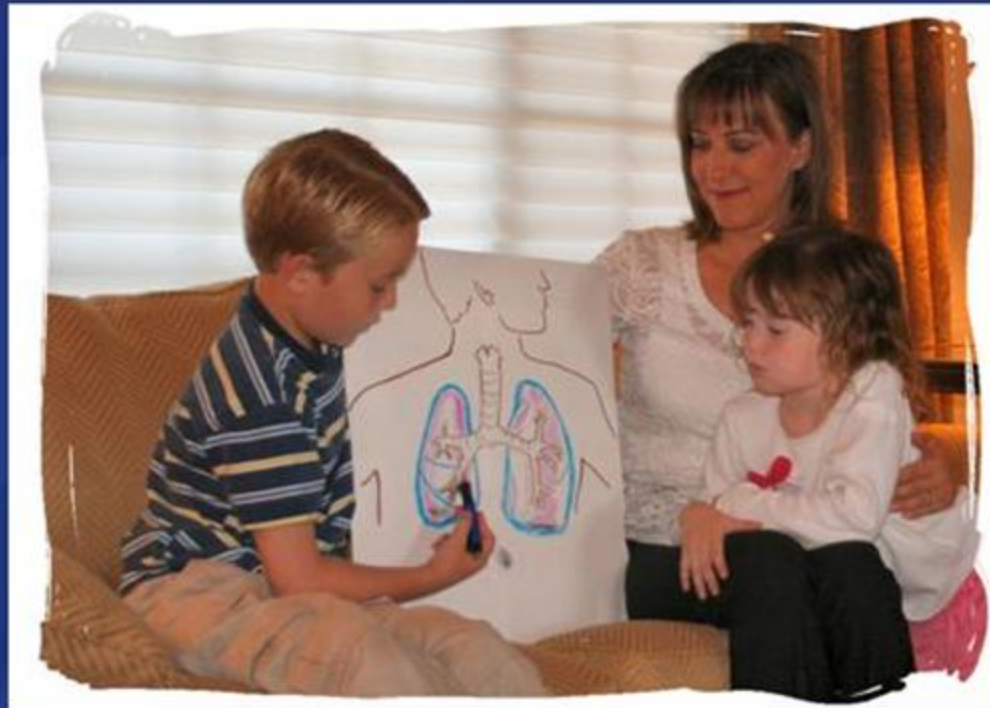
## *Putting the Skids on Begging in the Store*

Dr. Charles Fay

<6:31>



# Talking About Tough Issues



Love and Logic principles build character by assuming that children have the strength and ability to handle the absolute truth when it is given in a loving and caring manner.



# Tips for Talking About Tough Issues

1. Be prepared ahead of time.
2. Children will follow their parents' cues.
3. The way we “come through” is more important than the words we say.\*
  - 38% is the way the words are said
  - 55% is in facial expression
4. Present information calmly, matter-of-factly, and age appropriately.
5. Be honest and gentle. Leave room for hope.





# How to Talk About Tough Issues

1. Be empathetic, open and curious.
2. Reflect your child's thoughts out loud.
3. Ask questions to clarify and explore.
4. Problem solve together: ideas and solutions.
5. Check in frequently about your child's feelings.
6. Always end with hope.

# Talking With Kasey About a Hospitalization





# More Things to Consider When Talking About Tough Issues

1. Whose needs are being met?
2. When & how much information to share?
3. Be open about anything & everything.
4. Show acceptance without approval.
5. Ask more questions.
6. Children may protect parents.
7. Leave room for hope.

# Talking to Kyle

What makes the conversation effective?

How could it have been improved?





# The Dangers of Over-Reassurance

- ♥ **Natural response to a frightened, needy child**
  - Makes the adult feel better.
  - Might seem to help the child feel better temporarily.
  - Can gain immediate compliance.
- ♥ **Does not build coping skills or resilience.**
  - Can become an addictive habit.
  - Becomes less effective the more it is used.
  - Can create more worry and concern in the child.
- ♥ **Use truthful reassurance sparingly and only if it doesn't lead to more worried questions.**
- ♥ **Use choices, questions, empathy and encouragement instead.**



# There is Great Hope for the Future...



Elizabeth Nash

- ♥ Emphasize medical progress
- ♥ The future for all is unknown
- ♥ Use statistics to motivate
- ♥ Live with purpose and passion
- ♥ Stay in the present
- ♥ Focus on the positive



## Dare To Dream...



Dr. Warwick, Bev Donelson & Lisa at '09 NACFC

Over  
500  
Posters!



A room  
*packed* with  
smart,  
dedicated  
professionals



# Life Applications

- ♥ **Workbook Session Four**  
**Reading and Exercises**
- ♥ **Practice Using the Steps to**  
**Problem Solving**



*In the next session, you'll discover:*

## **“E” Stands for Empathy before Consequences**

- ♥ **Empathy vs. Anger: What Works Best?**
- ♥ **The Use of Logical Consequences**
- ♥ **Is it a Reward? Or a Bribe...**
- ♥ **Strategic Training Sessions**

*Thank You for Joining Us!*

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