

# *Welcome to Session Five*

## **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...

- ♥ **Steps to Problem Solving:**  
Share your experiments with  
problem solving.

# *This Session Teaches:*

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

# Raising Kids Who C-O-P-E

# E

## Empathy Before Consequences



# Love and Logic Audio

*Never Annoy  
a Love and  
Logic Dad*

Foster Cline MD

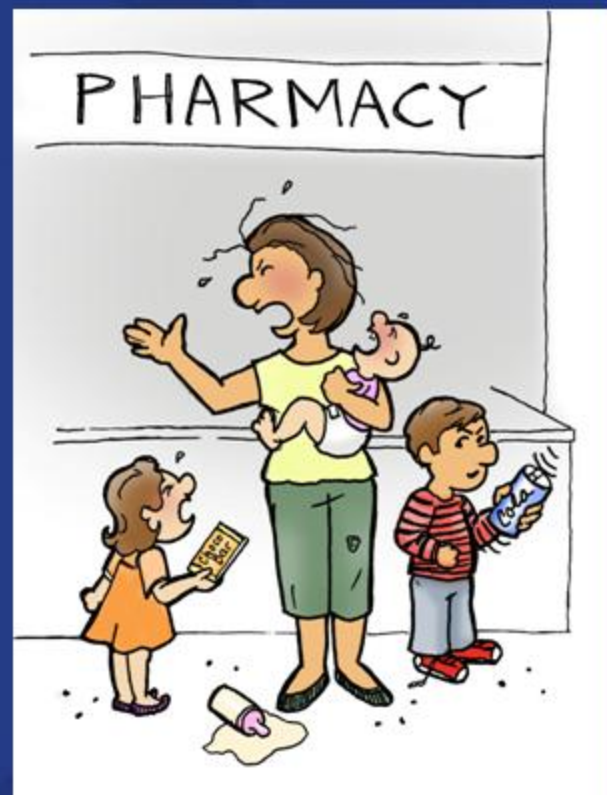
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# Empathy is Essential...

## Anger and frustration:

- Fuel misbehavior
- Cause fight or flight responses
- Hurt relationships
- Negatively impact your child's self-concept



# Empathy is Essential...

## Empathy before consequences...

- Causes kids to think about their own decisions including around self-care.
- They are more likely to learn from mistakes.
- Helps build positive relationships and a high self- concept.





# Empathy: The Most Important Skill

Deliver a strong dose of empathy *before* delivering consequences.

## How do we show empathy?

- Use empathetic statements
- Remain calm and show genuine caring
- Watch body language & tone of voice

## Examples of empathy:

- This is so sad...
- Oh, man...
- Sweetie, that's too bad...
- Awww, shucks...

# Sympathy vs. Empathy

It hurts me  
when.....

I feel so bad  
when.....

I'm upset  
when....

It must hurt you  
when.....

I feel so bad for  
you when.....

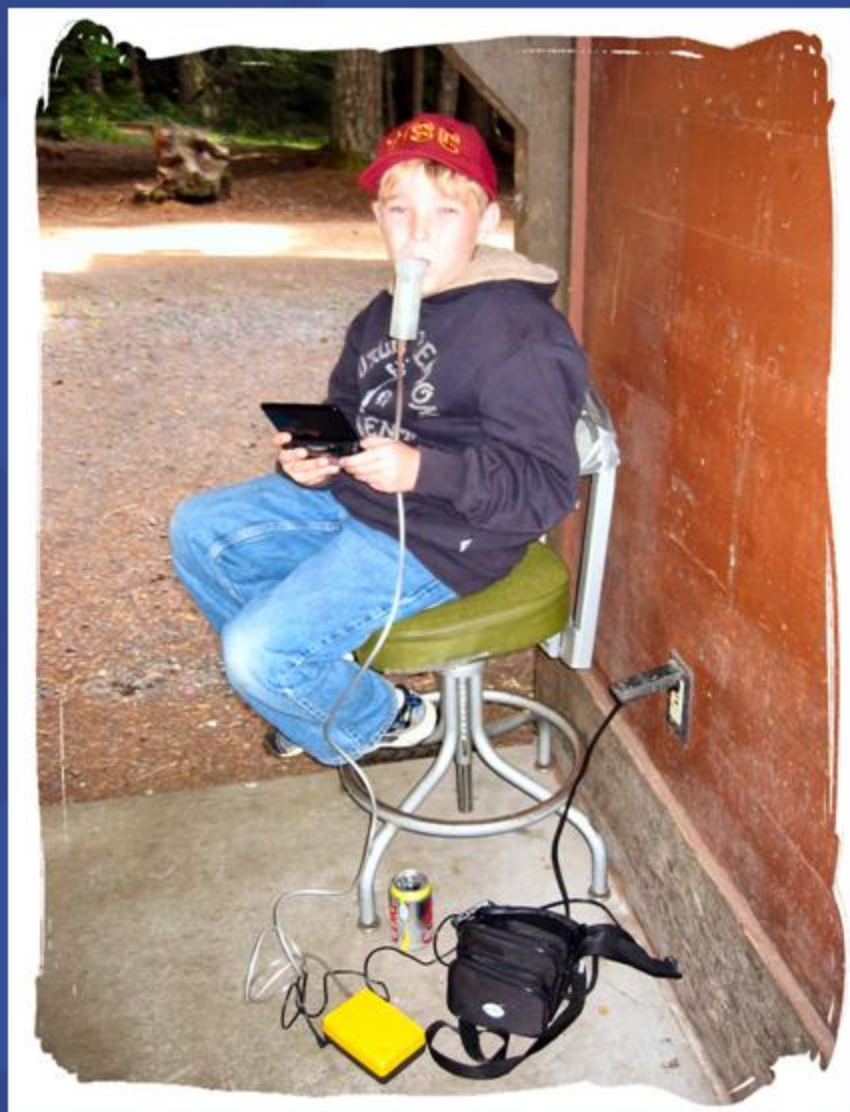
I bet you're  
upset when.....

## Which can be manipulated?

# Parenting Children with Health Issues

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## Empathy Helps Jacob Make Good Choices



# Using Consequences To Do the Teaching

- ♥ Logical Consequences
  - Natural Consequences
  - Imposed Consequences
- ♥ Positive Consequences and Rewards



# Using Positive Consequences and Rewards

## ♥ Positive Consequences

- Use the 10-to-One Rule
- Smiles, encouragement, positive responses
- Comments about the benefits of getting along and having fun together
- Spontaneous treats and extra privileges

## ♥ Structuring Effective Reward Systems

- Clearly define the specific, desired behavior
- Create a point chart with effective rewards
- Follow through
- Have a transition plan to “stop” the rewards

## ♥ Don't let rewards turn into bribes!



# Let the Consequences do the Teaching

- ♥ Never try to reason with a misbehaving child.
  - The more words you use, the less effective you become.
  - Use loving actions instead of words.
  - Follow up after the “storm” has passed.
- ♥ It’s okay to delay the consequences.
- ♥ Set the limit once and follow through with empathy and consequences.
- ♥ Two types of logical consequences: natural and imposed.

# Natural Consequences

- ♥ Anything that happens naturally without adult intervention.
- ♥ Won't work when:
  - Causes danger to life or limb
  - Interferes with the rights of others
  - When a child's behavior is not a problem to him or her.



# Imposed Consequences

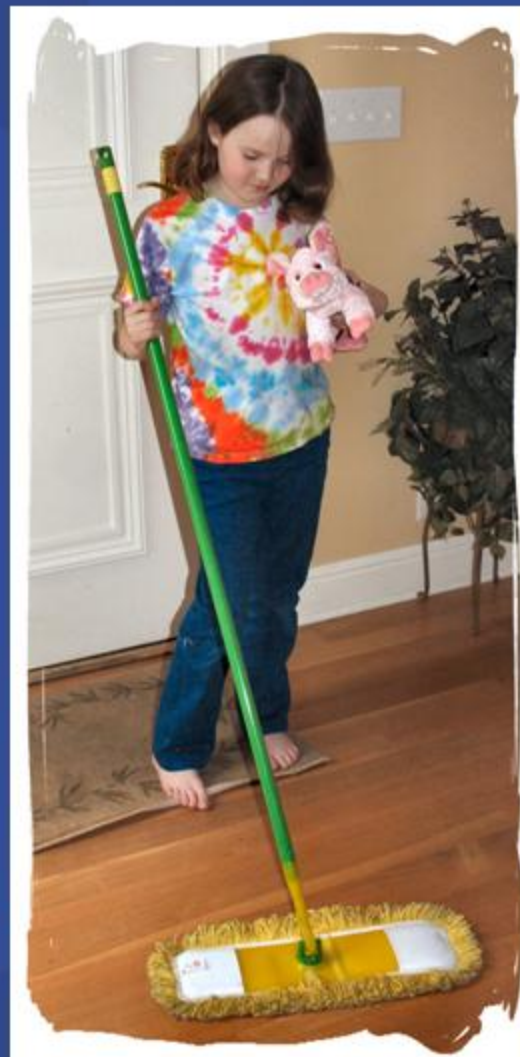
- ♥ Carried out calmly, in a matter-of-fact manner; never with anger or frustration.
- ♥ Make sense and are related to the “crime.”
- ♥ Never so severe that the parent is racked with guilt.
- ♥ Not carried out with the *intent* to make the child feel bad or guilty.
- ♥ Related to the real world as closely as possible.



# Imposed Consequences

- ♥ Privilege = Responsibility\*  
Lack of responsibility = loss of privilege
- ♥ The Energy Drain
- ♥ Restitution
  - Apologize for snarky behavior
  - Fix or pay for what was broken
  - Do something nice for the one offended

## Empathy and Consequences Help Kids Learn Responsibility





# Love and Logic Audio

*It's Not Wise to  
Lie to a Love and  
Logic Parent!*

Dr. Charles Fay

<10:25>





# The Energy Drain Technique

**Step 1: With empathy, inform them of your energy drain.**

**Step 2: When everyone is calm, ask them how they'll replace your energy.**

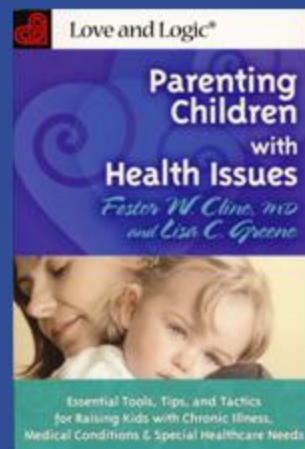
**Step 3: If they don't know, ask them if they'd like some ideas.**

**Step 4: Give them a menu of "energy replacement options."**

**Step 5: Allow them to learn from either success or mistakes.**

# Strategic Training Session

- ♥ When you don't know what to do, delay the consequences.
- ♥ Put together ideas for a plan.
- ♥ Get some support from others.
- ♥ Rehearse your plan.
- ♥ Execute the plan only when you have the time and energy.



## Life Applications

- ♥ **Workbook Session Five**  
**Reading and Exercises**
- ♥ **Practice:**
  - **Empathy Before Consequences**
  - **Positive Consequences**



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

## **Ages and Stages: Managing Successful Transitions**

- ♥ Ages and Stages of Life with CF
- ♥ Transition Plans
- ♥ Q&A with Dr. Cline

*Thank You for Joining Us!*

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