

## E: Empathy Before Consequences

### The Empathetic Response

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

### Examples of Empathetic Statements

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

### Consequences

- Use logical consequences: natural and imposed
- Do not confuse punishment with consequences
- Use positive consequences and rewards but don't bribe

## The Six Essential E's for Raising Resilient Kids:

Set the **Example**, Allow new **Experiences**, Respond with **Empathy**, Show your **Expectations**, Offer **Encouragement**, **Education**: Teach your Child

# I CAN COPE!

These tools are based on the Love and Logic® parenting approach by Jim Fay and Foster W. Cline, MD ([www.loveandlogic.com](http://www.loveandlogic.com)). Foster W. Cline, MD and Lisa C. Greene, MA, CFLE have modified these tools for medical issues in the award-winning Love and Logic book "Parenting Children with Health Issues."

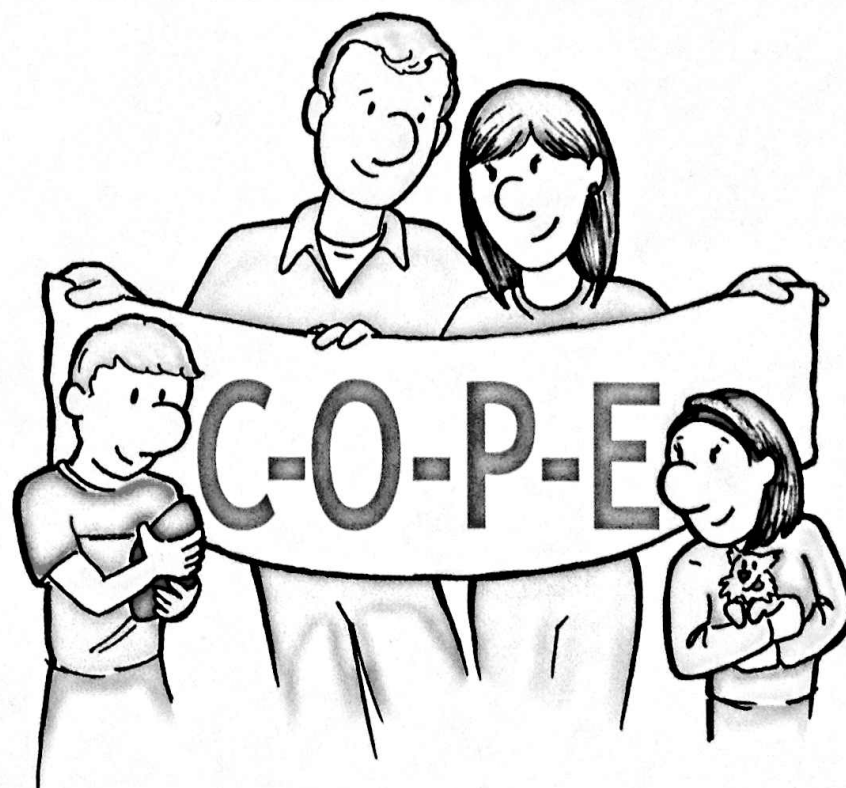
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## Parenting Children with Health Issues and Other Special Needs

*Tools, Tips and Tactics for  
Raising Happy, Healthier Kids*

## The C-O-P-E Formula



## C: Control that's Shared

### Choices:

- Are you going to \_\_\_ or \_\_\_?
- Would you like \_\_\_ or \_\_\_?
- Do you plan to \_\_\_ or \_\_\_?
- Should we \_\_\_ or \_\_\_?
- Will you be \_\_\_ or \_\_\_?
- Which would you prefer: \_\_\_ or \_\_\_?

### Questions:

- What did the doctor say?
- What do think is best for your body?
- What is your plan for .....?

## O: Opportunity for Thinking and Decision-making

### Use Thinking Words

- Telling a child when he/she can do something
- Telling the child the conditions under which the adult will do something
- Describing the choices a child has

### Say Yes Instead of No

- "Yes! Just as soon as ..."
- "Absolutely! Right after..."
- "Yes! And..."
- "Sure! As long as ..."
- "Great idea! But first..."
- "Yes, if..."

### Enforceable Statements

- I'll be glad to...
- I listen to...
- I'm happy to...
- I drive kids who...
- I will \_\_\_\_\_ when \_\_\_\_\_.

## Neutralizing Arguing

- Use empathy to validate feelings.
- Master the one-liner:
  1. Go brain dead!
  2. Softly repeat a one liner:

Probably so.	I don't know.
I bet it feels that way.	I know.
What did the doctor say?	Ohhhhhh.
Why do you think?	That's sad.
I love you too much to argue.	Nice try.

## P: Problem Solving Skills

### Who Owns the Problem?

Parent: Ask yourself, "What's going to happen to *me* if that problem doesn't get solved?" Remember: The best solution always comes from the person who owns the problem.

### Guiding Kids to Solve Their Own Problems

- Step 1: Give the child a sincere dose of empathy.
- Step 2: Send the *Power Message*. "What do you think you'll do?"
- Step 3: Offer choices.
- Step 4: Have the child state the consequences of each choice.
- Step 5: Give permission for the child to solve or not solve the problem.

### Communicating About Tough Issues

- Ask yourself: Whose needs are being met here?
- Consider when and how much information to share.
- Be open about anything and everything.
- Show empathy and use reflective listening.
- Ask more questions, gently show genuine curiosity.
- Know that children may protect parents by hiding their fears.
- Always leave room for hope.