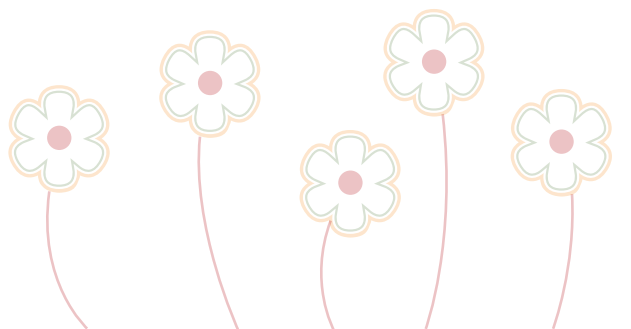


Whining and Arguing

Lesson T3.1





Lesson Instructions

All rights reserved.

These masters are intended for reproduction only by the organization that purchased them. The curriculum may not be shared with other centers or posted on the Internet.

Published by:

The Heritage House '76, Inc.
919 So. Main St.
Snowflake, AZ 85937
800-858-3040
www.hh76.com

Suitable For: Any client.

Time Frame: Any time when a child is between one and three years old.

Lesson Objective: To help your client learn how to respond to whining and arguing while raising a child who knows he is loved.

Instructions: Show the DVD, *Painless Parenting*. From the Chapter menu, you will be showing parts Introduction, Neutralizing Whining and Arguing, and Is It Ok for Kids to Be Upset? This presentation is approximately 2 hours long, so it is broken down into three client sessions. Please stop the DVD at the 37:13 minute mark to correspond with this lesson. Copy the DVD Summary Sheet for your client. This is a review of the presented material. Ask the client the questions in bold to spur discussion.

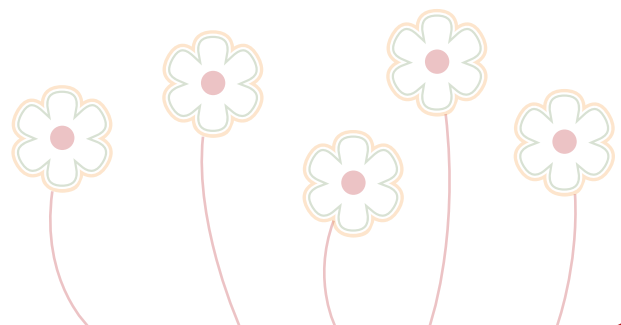
Homework: Copy homework pages and give to her along with the brochure, *Whining*.

Supplies: DVD: *Painless Parenting*; Brochure: *Whining*.

Note: You do not need to remove the master sheets from the protective plastic to copy. You can copy right through the plastic. Start with the last page first and move forward so your copies will come out in order.



How could such a charming face belong to a child one would describe as a "terrible two"?



DVD Summary Sheet, Page 1

"I Want to Do It Myself!"

How many times have you tried something and found you needed experience and practice to get it right? That's what your two-year-old goes through time and again ... every day! In the meantime, you're trying to establish boundaries and set consequences. No wonder the two of you can find it hard to get along.



A two-year-old may experience more frustration than she will at any other time in her life.

This sheet is a summary of what you learned in the DVD presentation, *Painless Parenting for the Preschool Years II*. I hope you laughed a little and learned some easy and quick methods to implement Love and Logic in your home this week. There will be two more sessions in this series.

Introduction

Love and Logic is all about raising kids to be self-controlled, respectful, and responsible children through discipline, but most importantly without losing their love. Dr. Charles Fay promises to give you strategies that will leave you so confident in your parenting that you will look forward to your kids acting up. He will provide simple solutions to empower you to parent happy kids who know that they are loved AND respectful kids who know how to behave.

Neutralizing Whining and Arguing

Dr. Fay gives several scenarios of the ways children seem to wake up some mornings planning to get on their parent's last nerve. Asking why, complaining about fairness, threats to unfriend, and others are examples that are semi-cute until they happen repeatedly.

*** Have you ever experienced a day when your child seems to be angry at the world - with you included? How did that make you feel? How do you think your child was feeling?**

So what do you do with the whining? What do you do with the arguing?

The first step is do not think. As soon as you find yourself annoyed, say to yourself, "Do not think." The theory behind not thinking is that once you begin to think about how someone is manipulating, or arguing, or whining, words start to come out and the words are usually harmful. Dr. Fay gives you permission to say no to your children. It is good practice for life. However, trying to find the right lecture or the right threat is useless. The more words you use when your kids are acting up or upset, the less effective you become.

What do we do in the moment when someone is upset?

The second step is to calmly smile and repeat, "I love you too much to argue," or, "What did I say?" The faster and louder our children get, the slower and softer we need to become. This is the secret to loving power. The key to success is resisting the urge to make sense to our kids.



DVD Summary Sheet, Page 2

You Can't Win 'Em All!

No matter what, do your very best to keep your cool. She's already angry ... more anger from you will not help the situation improve.

On an aside: Dr. Fay says the only important nutrient at a family meal is love. We do far more damage arguing with kids over food than having them learn from the natural and logical consequences of being hungry.

*** Have you found yourself arguing with your child, only to ask yourself, "Why am I arguing?" Do you think reducing your words (and arguments) will work for your child? Do you think it will be a hard transition if you try it at home?**

Is It Okay for Kids to Be Upset?

Love and Logic teaches that it is okay for kids to be upset. We should be loving, empathetic, calm, self-controlled, and gracious parents, but if we are not upsetting our children by setting and enforcing loving limits, we are setting them up for failure in life. By not allowing children the opportunity to struggle, we do not permit them to develop self-control, perseverance, and strength. If a child grows up with the understanding that the most powerful people in his life cannot make him behave, he internalizes the feeling that he must be powerful, but also bad. He feels hopeless.

A child's primary beliefs about authority get set before a child is five years old. If a child grows up with the understanding that the powerful people in his life are in charge, he internalizes the feeling that he is valuable and good. It is easier for a kid to act good when he feels good.

*** Do you believe it is okay to upset your child with limits on their actions? Have you ever chosen a battle that you should have let go? Have you ever let go of a situation that might have been better if you stuck by the limits?**

The next session's presentation will cover how to make your child internalize that he is loved and valuable and how to teach him that the powerful people in his life are in charge. The overarching theme will be to make it look easy.



Time to consider her feelings and actions is always valuable. A few minutes alone couldn't hurt.



Homework, Whining and Arguing

Remember, She's a Child

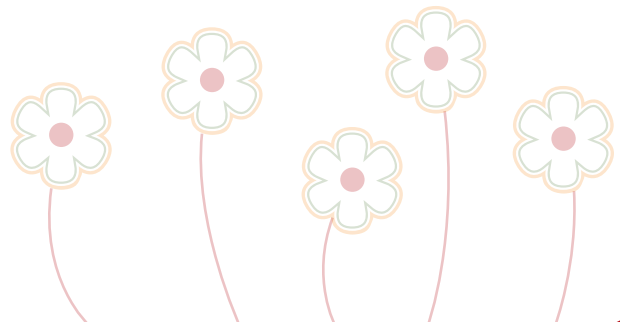
When instructing her or correcting her, be clear and concise. If there's time, explain why you don't want her doing whatever it is she's attempting. Be conciliatory, but never offer treats in return for proper behavior. Show her respect. Never lecture (she's not paying attention). You want her to calm down, so be calm and keep your voice even and firm. She is watching you for cues. Don't take her actions personally. It's not about you, it's about her independence.



Jumping up and down and screaming won't help, but she'll do it anyway. Be prepared.

Read the brochure *Whining*, and answer the following questions:

1. Whining is a tantrum with _____.
2. What is a silly, fun way to stop whining?
3. What happens if you give in to whining, even once, especially in public?
4. If your child starts a question with a whine, what does that usually mean?
5. What should you do?
6. Should you let your child know that whining gets on your nerves?
7. Can whining be unlearned?
8. Ways to prevent whining:
Look for the _____.
Limit _____.
Be _____.
Offer _____.
9. When you look for problems, what should you look for?
10. How can you limit frustration?



Homework Key, Whining and Arguing

Remember, She's a Child

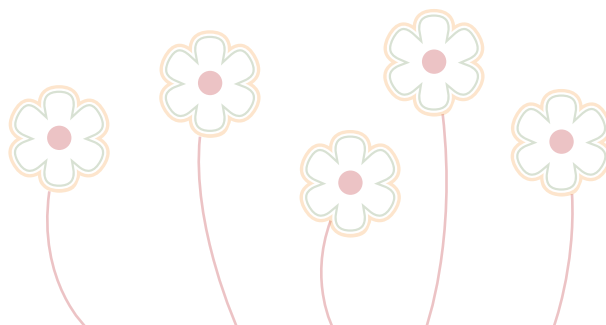
When instructing her or correcting her, be clear and concise. If there's time, explain why you don't want her doing whatever it is she's attempting. Be conciliatory, but never offer treats in return for proper behavior. Show her respect. Never lecture (she's not paying attention). You want her to calm down, so be calm and keep your voice even and firm. She is watching you for cues. Don't take her actions personally. It's not about you, it's about her independence.



Jumping up and down and screaming won't help, but she'll do it anyway. Be prepared.

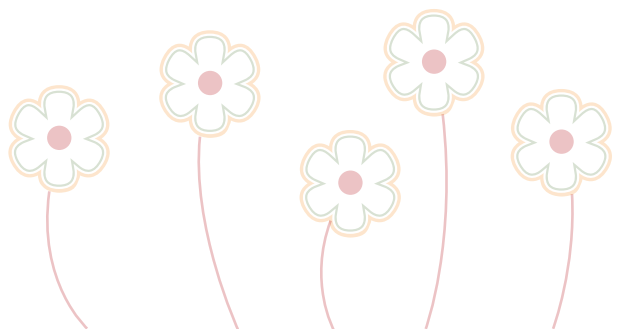
Read the brochure *Whining*, and answer the following questions:

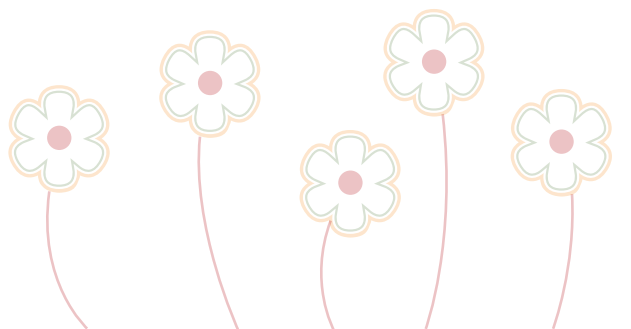
1. Whining is a tantrum with **words**.
2. What is a silly, fun way to stop whining?
Play, "Help me find the kitty cat."
3. What happens if you give in to whining even once, especially in public?
You reinforce the behavior, and it will appear again and again.
4. If your child starts a question with a whine, what does that usually mean?
It means she doesn't know how you will respond.
5. What should you do?
Gently redirect her with a reminder that you don't respond to whining.
6. Should you let your child know that whining gets on your nerves?
No.
7. Can whining be unlearned?
Yes.
8. Ways to prevent whining:
 - a. Look for the **problem**.
 - b. Limit **frustration**.
 - c. Be **vigilant**.
 - d. Offer **encouragement**.
9. When you look for problems, what should you look for?
Hunger, thirst, being uncomfortable, being tired or sick.
10. How can you limit frustration?
Be sensitive to your child.



Love and Logic Strategies

Lesson T3.2





Lesson Instructions

All rights reserved.

These masters are intended for reproduction only by the organization that purchased them. The curriculum may not be shared with other centers or posted on the Internet.

Published by:

The Heritage House '76, Inc.
919 So. Main St.
Snowflake, AZ 85937
800-858-3040
www.hh76.com

Suitable For: Any client.

Time Frame: Any time when a child is between one and three years old.

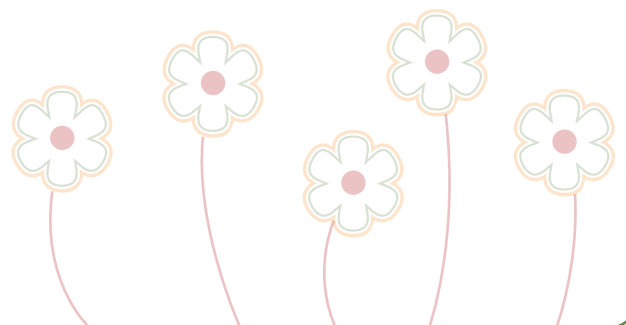
Lesson Objective: To help your client learn to handle misbehavior in toddlers while raising a child who knows he is loved.

Instructions: Show the DVD, *Painless Parenting*. From the Chapter menu, you will be showing parts Handling Misbehavior in Little Ones: 1st, 2nd, and 3rd Strategies (50 minutes). This presentation is approximately 2 hours long, so it is broken down into three client sessions. Please stop the DVD at the 1:27:41 minute mark to correspond with this lesson. Copy the DVD Summary Sheet for your client. This is a review of the presented material. Ask the client the questions in bold to spur discussion. There are fewer questions in this lesson, as the DVD section is 50 minutes long.

Homework: Copy homework pages and give to her along with the brochure *Watching for Abuse*.

Supplies: DVD: *Painless Parenting*; Brochure: *Watching for Abuse*.

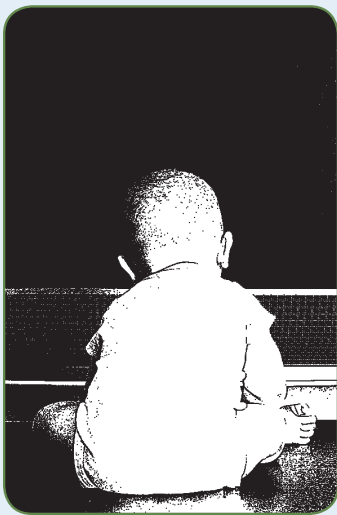
Note: You do not need to remove the master sheets from the protective plastic to copy. You can copy right through the plastic. Start with the last page first and move forward so your copies will come out in order.



DVD Summary Sheet

The Same Old Rules Apply

The reason really isn't important. When your child doesn't listen, your solution lies in consistency, boundaries, and consequences. It's always the same, no matter what his inappropriate behavior may be.



Rules and boundaries help your children feel secure. Put them in place to help your child.



This sheet is a summary of what you learned in the DVD presentation, *Painless Parenting for the Preschool Years II*. I hope you laughed a little and learned some easy and quick methods to implement Love and Logic in your home this week. There will be one more session in this series.

What Is Love and Logic?

Love and Logic was developed by watching great parents interact with their kids. Great parents used very few words when things started going wrong. Great parents made it look easy. Great parents were not permissive. They had high expectations for their kids and they set limits, but at the same time were not punitive (punishing).

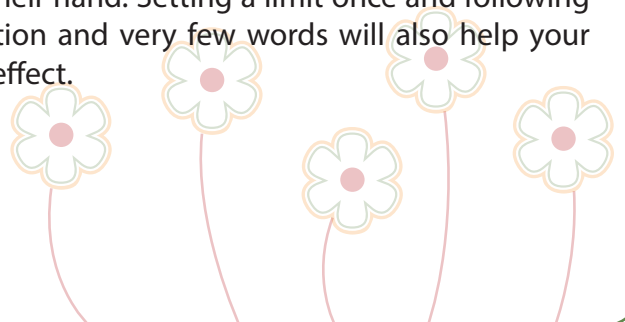
Natural great parents had strong and sincere empathy before they delivered consequences. Empathy is the ability to understand and share the feelings of another. It is important to express empathy while delivering a consequence, because it increases the ability to discipline your child without losing their love. Communicating a strong message of empathy makes it difficult for a child to blame the parent for the problem. This helps the child to develop self-control and helps kids feel safe because they have strong and loving parents.

*** Do you struggle feeling empathy with your child, or is it more natural for you (many people have to work hard at empathy!)?**

Handling Misbehavior in Little Ones

The first strategy to handling misbehavior in little ones is to change your location. Dr. Fay gave the example of closing a book and leaving the room when your child misbehaves during story time. Changing your location while keeping the reason slightly vague makes your child have to reflect on what happened. This strategy will help your child to understand cause and effect.

The second strategy to handling misbehavior in little ones is to change the location of the problem object. This is simply removing the problem object from the child. The object returns when your child has earned it back. Dr. Fay states that even small children can work to earn objects back by dusting furniture with a sock over their hand. Setting a limit once and following through with empathy and action and very few words will also help your child to understand cause and effect.



DVD Summary Sheet, Page 2

Maybe Not in Baseball ... but there's plenty of crying in the Mom-versus-toddler game. Sometimes there's the urge to just "let her cry." You'll be pleased to learn that crying is allowed. Once she's established in the family and secure in her place, it's okay to let her protest a little. That's really all it is; the form of protest she does best.

The third strategy to handling misbehavior in little ones is to change the child's location. Using very few words and making it look easy are essential to this strategy. Dr. Fay uses the example of the uh-oh song, Singing uh-oh, escorting your child to his bedroom, and allowing him to come back when he is acting sweet is how this technique is implemented. This strategy is effective for any number of behavior problems. Allowing your child to calm down on his own will help him learn self-control and once again understand cause and effect.

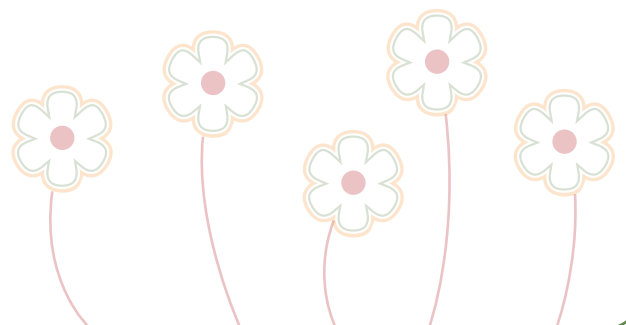
The hallmark of a great technique is that you do not have to do it very often. The message we want to send to our children is, "We love you, we are sad for you, but when you create a problem for yourself, it does not ruin my life." Teenagers who have the biggest acting-out issues mistakenly believe that if they create a problem for themselves, it ruins everybody else's life and then they use it as a weapon. Your desire should be that your children make mistakes while they are young so that they can experience the consequences (cause and effect) within the context of your love and safety.

**** Have you let your child's attitude affect your own emotions? How will you keep your child's actions from negatively affecting you in the future?***

The next presentation will prepare you for common toddler power struggles during bedtime, mornings, and potty training.



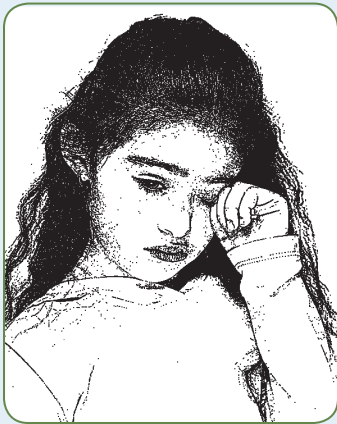
Your child is CUTE! They also can be little stinkers! Learning to react right can help everyone.



Homework, Watching for Abuse, Page 1

Staying Aware of Abuse

One in four girls, and one in six boys will be molested before they reach the age of eighteen. Difficult to accept, isn't it? Still, those are the statistics and they demand you stay alert to the possibility it could happen to your child. Be sure you understand what sexual abuse entails; know the warning signs; and pay attention. To the extent that you can control it, don't allow your child to be alone with other adults. That seems extreme, but better safe than sorry.



Frequent unexplained crying or exhibiting a fear of the dark can be symptoms of child abuse.



PLEASE NOTE: This homework is on the topic of abuse (not behavior). It is important to understand possible abnormal behaviors that are caused by something other than disobedience.

Read the brochure *Watching for Abuse* and answer the questions below.

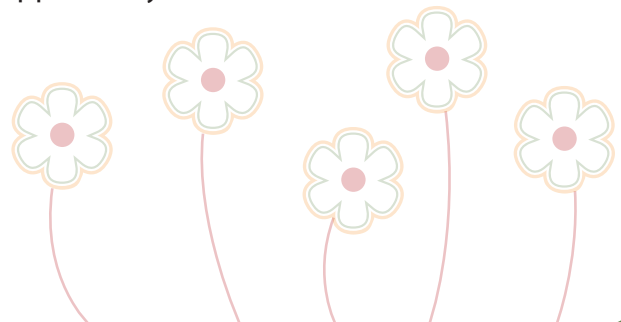
Talking about a subject that causes fear in a parent's heart is not easy. For years, silence has been the rule when dealing with the matter of child molestation. This subject may be particularly hard for you because you may have been a victim yourself. Statistically one in four girls and one in six boys are molested before they reach eighteen.

But if you have been a victim, it is important for you to begin talking about it. Why? Because silence only aids the abuser in covering up the crime.

If you are a single mother, the risk of your child being molested nearly doubles because of your dependency on others to help care for your children. Some molesters intentionally look for single mothers in order to gain access to their children. This doesn't mean you shouldn't trust anyone, but you should use caution and good judgment. As a single mom, you need to be constantly looking for the warning signs of molestation and for the signs and signals of possible molesters. Learning about child molestation empowers you to be the best and first defense against the possible molestation of your children.

If there is anything you might need to talk about, please take the opportunity to discuss your concerns with your client advocate.

1. What is child sexual abuse?
2. What is grooming?
3. How can caring adults limit opportunity?



Homework, Watching for Abuse, Page 2

Be a Loving, Interested Parent

The shortest, straightest road to knowing your child follows the path of love and concern. As early as possible, establish that you love her and care about her. Very early, begin to talk with her. The emphasis here is on the word "with" as these talks need to be dialogues, not monologues. You will want to establish a willingness on her part to tell you what is going on in her life. Then, when she's faced with life's ugliness (and we all are), you'll be the first person she turns to for comfort and advice.



If she shies away from (or acts afraid of) a specific adult, begin immediately to find out why.

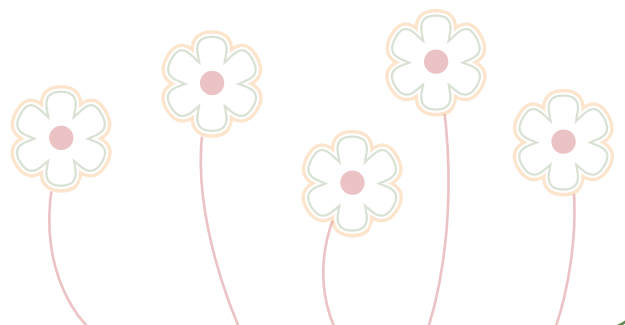


4. What are possible physical warning signs that a child is being abused?

5. What are possible behavioral signs?

6. Why don't children tell sometimes when they are being abused?

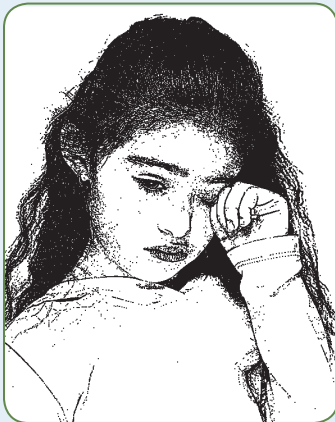
7. What should you do if you suspect abuse?



Homework Key, Watching for Abuse, Page 1

Staying Aware of Abuse

One in four girls, and one in six boys will be molested before they reach the age of eighteen. Difficult to accept, isn't it? Still, those are the statistics and they demand you stay alert to the possibility it could happen to your child. Be sure you understand what sexual abuse entails; know the warning signs; and pay attention. To the extent that you can control it, don't allow your child to be alone with other adults. That seems extreme, but better safe than sorry.



Frequent unexplained crying or exhibiting a fear of the dark can be symptoms of child abuse.



PLEASE NOTE: This homework is on the topic of abuse (not behavior). It is important to understand possible abnormal behaviors that are caused by something other than disobedience.

Read the brochure *Watching for Abuse* and answer the questions below.

Talking about a subject that causes fear in a parent's heart is not easy. For years, silence has been the rule when dealing with the matter of child molestation. This subject may be particularly hard for you because you may have been a victim yourself. Statistically one in four girls and one in six boys are molested before they reach eighteen.

But if you have been a victim, it is important for you to begin talking about it. Why? Because silence only aids the abuser in covering up the crime.

If you are a single mother, the risk of your child being molested nearly doubles because of your dependency on others to help care for your children. Some molesters intentionally look for single mothers in order to gain access to their children. This doesn't mean you shouldn't trust anyone, but you should use caution and good judgment. As a single mom, you need to be constantly looking for the warning signs of molestation and for the signs and signals of possible molesters. Learning about child molestation empowers you to be the best and first defense against the possible molestation of your children.

If there is anything you might need to talk about, please take the opportunity to discuss your concerns with your client advocate.

1. What is child sexual abuse?

Any sexual activity with a child.

2. What is grooming?

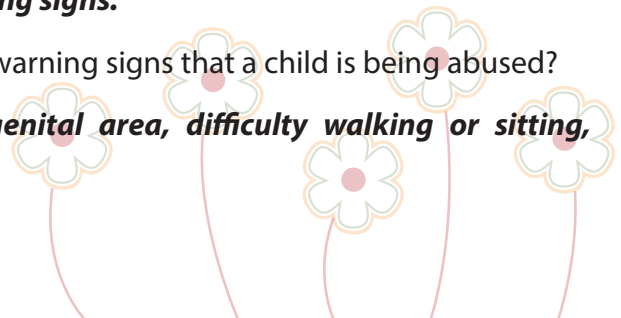
Grooming is a process of desensitization that abusers use on children to prepare and trick them into accepting sexual abuse.

3. How can caring adults limit opportunity?

Caring adults should limit the times their child is in seclusion with other adults and watch for warning signs.

4. What are possible physical warning signs that a child is being abused?

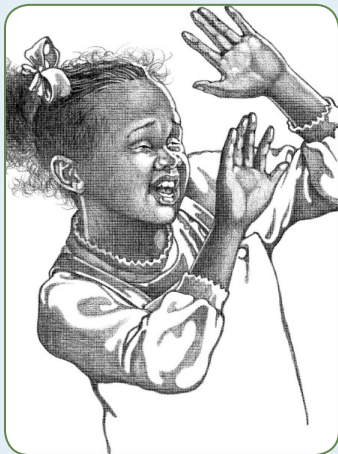
Signs of trauma in the genital area, difficulty walking or sitting,



Homework, Watching for Abuse, Page 2

Be a Loving, Interested Parent

The shortest, straightest road to knowing your child follows the path of love and concern. As early as possible, establish that you love her and care about her. Very early, begin to talk with her. The emphasis here is on the word "with" as these talks need to be dialogues, not monologues. You will want to establish a willingness on her part to tell you what is going on in her life. Then, when she's faced with life's ugliness (and we all are), you'll be the first person she turns to for comfort and advice.



If she shies away from (or acts afraid of) a specific adult, begin immediately to find out why.

frequent touching or scratching of the genital area, sexual touching of themselves or others, self-inflicted pain or injury, or increased health problems.

5. What are possible behavioral signs?

Unexplained changes in sleeping patterns, recurrent nightmares, fear of the dark, crying, complaining for no apparent reason, unexplained fear of adults, increased dependency on certain adults, use of sexual language, acting out sexual behaviors, creating sexually themed drawings or writings, an unexplained drop in grades, skipping class, poor hygiene, overly mature appearance, indiscriminate sexual activity or seductive behavior, preference for adult companionship over that of peers, increased moodiness, poor self-esteem, excessive bathing, thoughts of suicide, or attempted suicide.

6. Why don't children tell sometimes when they are being abused?

Children often do not report abuse because they are afraid.

7. What should you do if you suspect abuse?

Protect the child from further abuse and report it to the proper authorities.

