

*CFRI Welcomes You!*

**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*





## **Parenting Children with Health Issues**

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

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

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

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

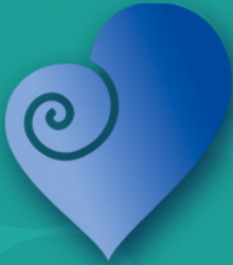


## **Parenting Children with Health Issues**

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**One of Life's Biggest Problems...**

**Telling Them What They  
*Have to Do!***



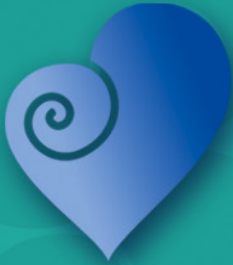
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# Frustration!



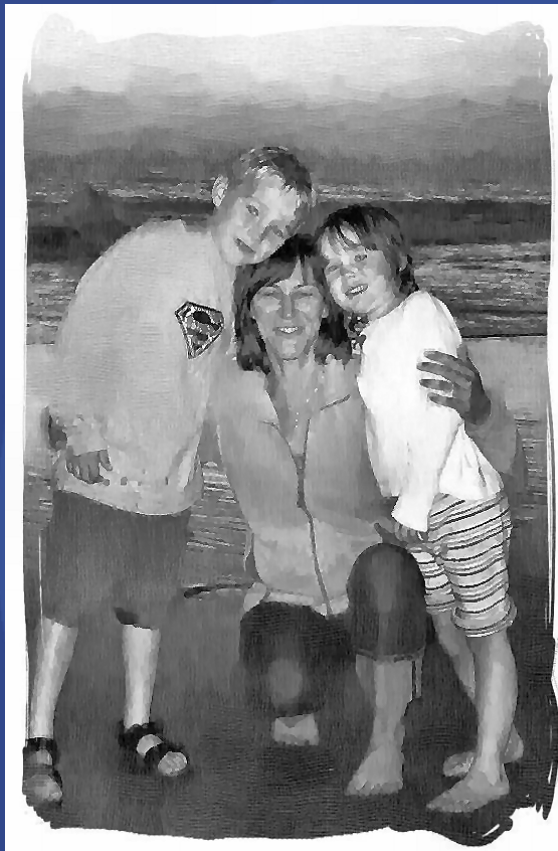
- ♥ Every job has it.
- ♥ Great leaders don't show it.
- ♥ It means I am having trouble coping.



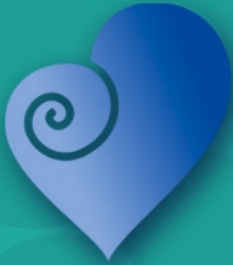
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# Using Effective Parenting Tools:



- ♥ Decreases Frustration
- ♥ Decreases Guilt and Uncertainty
- ♥ Improves the Parent / Child Bond

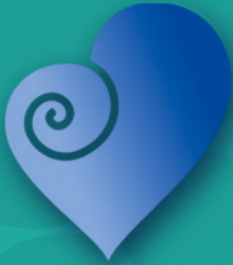


## Parenting Children with Health Issues

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# Psychological Challenges

- ♥ How do I encourage my child to really love life?
- ♥ How do I handle refusal to take medication?
- ♥ How do I encourage my child's concern for her illness without frightening her?
- ♥ How can I best separate the "can'ts" from the "won'ts"?
- ♥ How do I encourage responsibility without harping, nagging or lecturing?
- ♥ How do I communicate with my child about his/her illness in ways they'll understand?

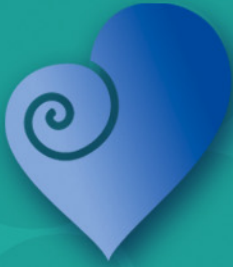


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# Illness Changes Things

- ♥ Illness and chronic pain lead all of us to be more difficult to be around.
- ♥ The lack of control caused by illness causes kids to show their need for control at times by being demanding themselves.
- ♥ The children can't be present for a lot of the freedoms and options available to other kids so "It's just not fair!"
- ♥ Parents often become more demanding when treatment regimens are absolutely necessary.
- ♥ Human nature says that when one demands, the other resists!

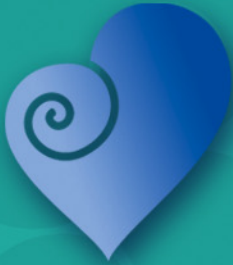


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# **Love and Logic**

- Encourages Responsibility
- Teaches High Coping Skills
- Gives Effective Responses
- Increases the Odds of Medical Compliance



## Parenting Children with Health Issues

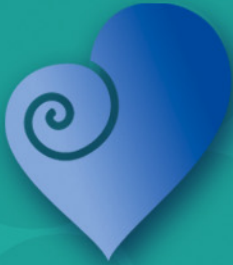
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# Set the model Take care of yourself!

“Hurry up and take your medication right now!”

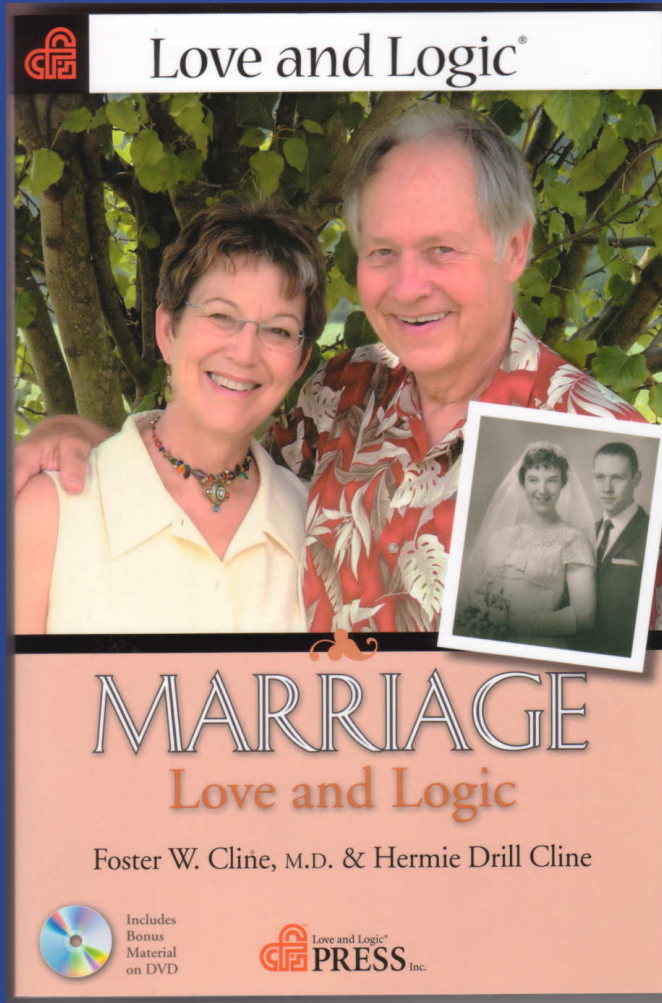
vs.

“I’ll be happy to take you to your game when you have finished taking your medication.”



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Summer camp and support groups

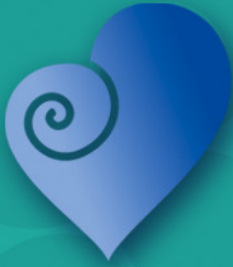
Date nights

Resource list

Back-up & respite

Agreement – not to tolerate disrespect

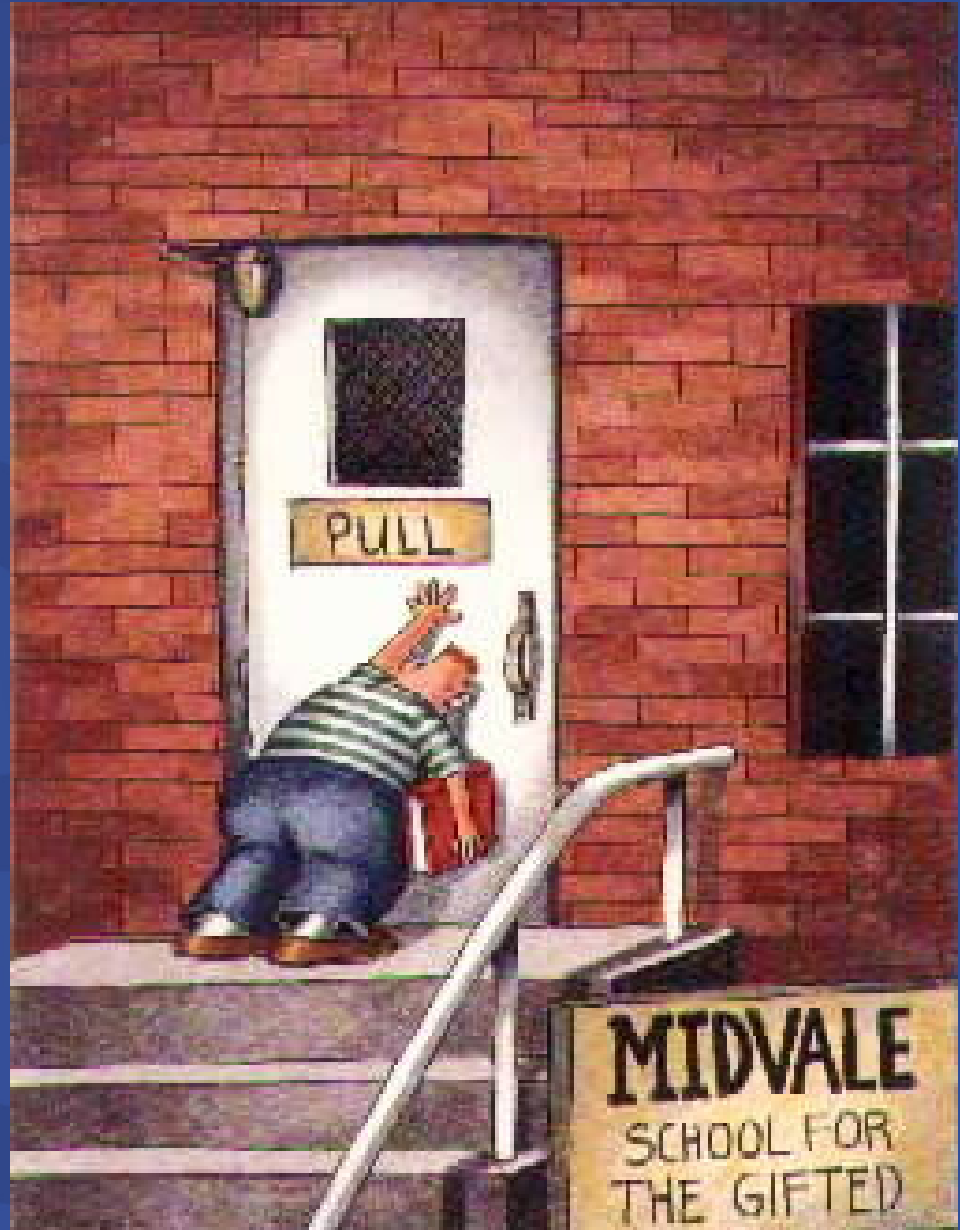
Communication Techniques



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How are  
the  
important  
things  
learned?



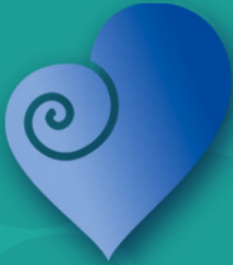


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*Reminding*  
*Ranting*  
*Raving*  
*Rescuing*

*Example*  
*Experience*  
*Empathy*  
*Expectations*  
*Encouragement*

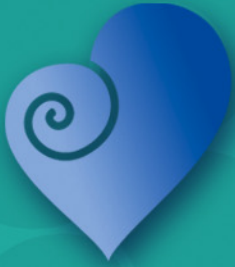


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# Parenting Styles

Helicopter  
Drill Sergeant  
Consultant



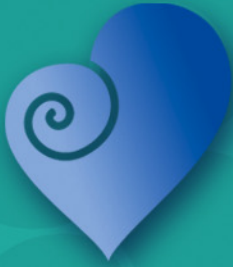
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# Consulting with Maggie

Is it effective?

Why?



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**So, what do we  
expect from  
our Consultant...?**



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# **Love and Logic Attitudes**

**Choices not Demands**

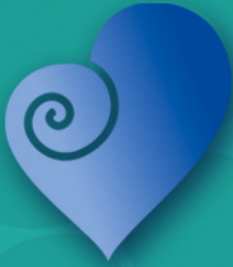
**Sad not Mad**

**Curious not Blaming**

**Empathetic not Excusing**

**Consequential not Punitive**

**Caring but not Rescuing**



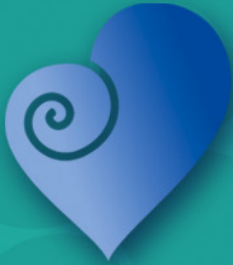
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## **Love and Logic Tool # 1**

**Separation of the Problem**

**Who Owns the Problem?**



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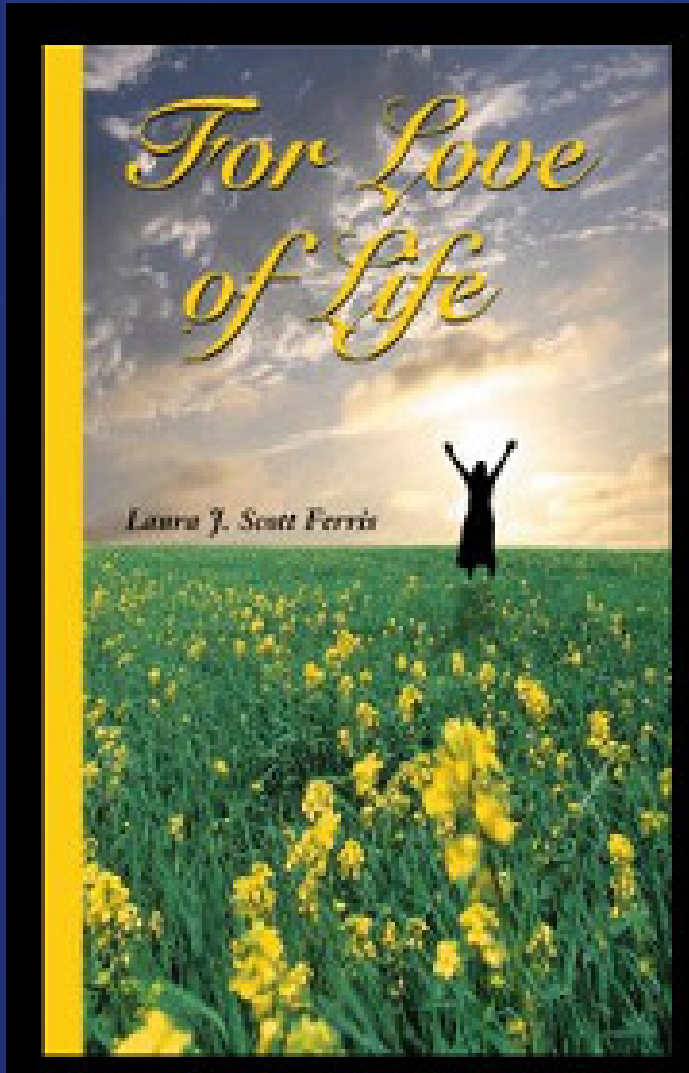
# Who owns the Problem?

Units of concern concept

This *must* change as the child grows older

What am I going to do now vs. What are *you* going to do now?



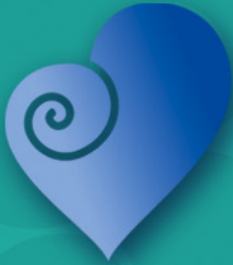


# Laura Owns the Problem

Who owns the problem?

Whose idea was this?  
Getting kids to lecture themselves

Why change?



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## Cycle Of Hostile-Dependency



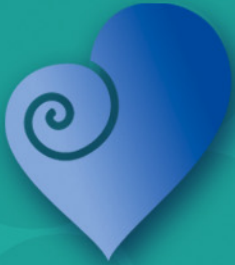


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# **Avoiding the Cycle of Hostile-Dependency**

**Definition: Feeling helpless or cheated and always demanding more while expecting others to give it to them rather than accepting the responsibility of taking care of their own wants and needs.**

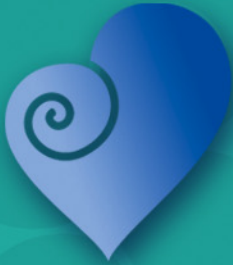


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# Problem Solving Steps

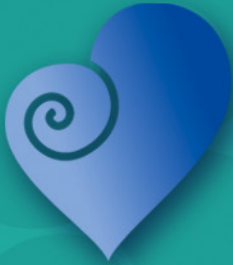
- Step One: Express curiosity, interest and empathy:  
*“Aww. I bet that hurt (your tummy, feelings, etc).”*
- Step Two: Send the *power message*: *“So, what do you think you’ll do (about forgetting your medicine, etc)?”*
- Step Three: Offer choices: *“Would you like to hear what other kids have tried?”*
- Step Four: Have the child state the consequences.
- Step Five: Give the child permission to either solve or not solve the problem.



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# **Consultants Ask Questions Instead of Give Answers**

**What were you feeling?**

**What was the choice you made?**

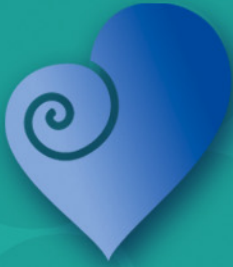
**What are your thoughts now?**

**Would you like to hear how other people have handled it?**

**What do you think you will do next time?**

**How do you think that will work out for you?**

**Good luck!**



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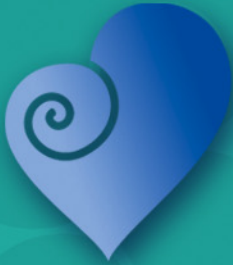
# Love and Logic Tool # 2

## Choices Within Limits

“If.....”

That *we* can live with

Realistic



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# **The Power of Choices**

**Dangers of giving choices**

**Shifts responsibility**

**Empowers child to be involved in own responses**

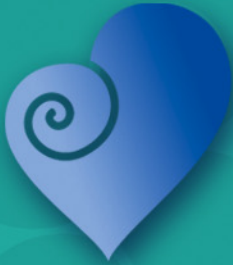
**Stops rebellion and hostile dependency**

**All kids (people) will make bad decisions.**

**That's sad!**

**The saddest thing is when they do it to**

**upset a parent!**



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# Effectively Using Choices

## Guidelines for Choices

- Use lots of little choices when things are going well.
- For each choice, give only options you like.
- Give choices *before* resistance, not after.
- Give your child 10 seconds to decide- then you do!
- Be careful not to disguise choices as threats.
- When things aren't going well, parents get to choose!

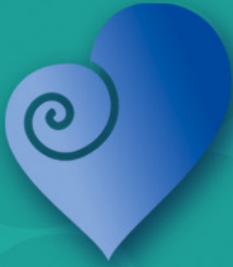
## Phrases For Stating Choices

What would be best for you...

Would you rather...

Feel free to...

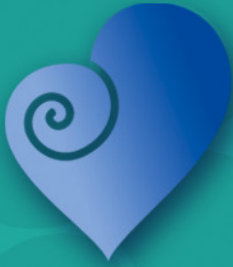
You can either...



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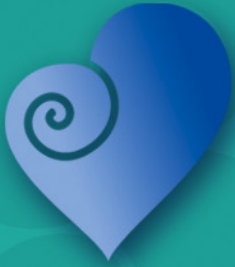


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# Love and Logic Tool # 3

## Thinking Words and Enforceable Statements



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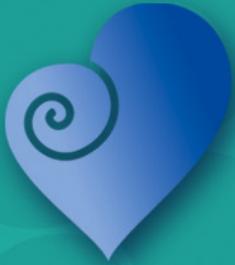
# Fighting Words vs. Thinking Words

### Fighting Words include:

- Telling the child what to do
- Telling the child what you will not allow
- Telling the child what you won't do

### Thinking Words include:

- 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



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# **Enforceable Statements**

**I'll be glad to...**

**Feel free to...**

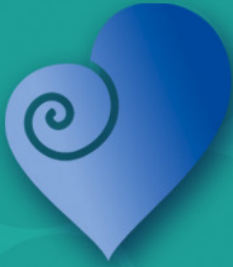
**You're welcome  
to...**

**I listen to...**

**We will...**

**You may...**

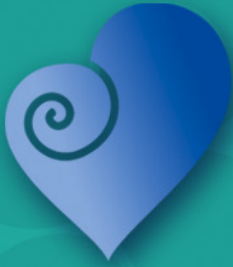
**All of those who...**



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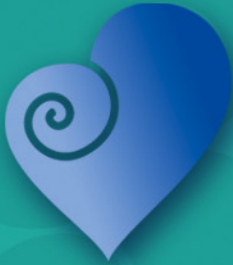


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# **Love and Logic Tool # 4**

## **Use of Empathy**



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# Sympathy vs. Empathy

It hurts me  
when.....

I feel so bad  
when.....

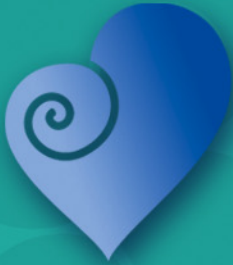
I'm upset  
when....

It must hurt you  
when.....

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

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

## Which can be manipulated?



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# Don't let your child "hurt" you

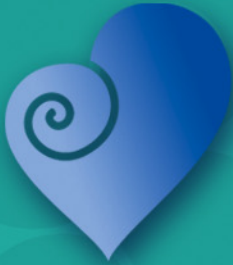
"What a tough situation. I understand that you're very disappointed but if anyone can handle this, it's you. What are your thoughts about this?"

"How important do you really feel it is to get control of that cough?"

"Do you have some thoughts about where you might sit during the game or how you might handle it during the game with a coach?"

"One way other children might handle this is....."

"Personally, I don't think I'd go play soccer with such a bad cough. I'd be afraid I'd get even sicker and end up in the hospital but I guess you're not me so you need to decide for yourself what is right for you."



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# **Common Confusions**

**Selfish**

**Self Centered**

(satisfied with giving)

**Aggressive**

**Assertive**

**Punishment**

**Consequence “When”**

**Approval**

**Acceptance**

**Bribe**

**Reward**

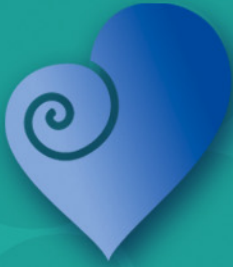
(Could be the look on your face)

**Threat**

**Facts** (Could be tone of voice!)

**Sympathy**

**Empathy**

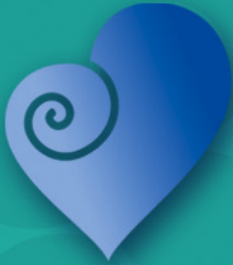


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# **Love and Logic Tool # 5**

**The Artful Use of  
Consequences**



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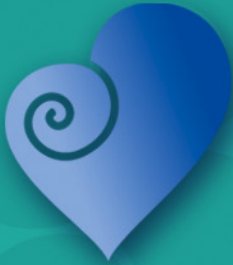
# Impose Logical Consequences

When natural consequences  
are too severe

That you can live with

Never as a threat

May be delayed: “Try not to  
worry...”

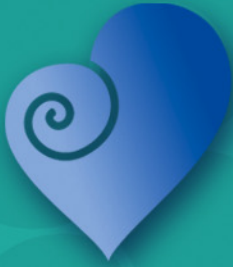


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# Effective Use of Consequences

- ♥ 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 (although that ‘s okay if they do).
- ♥ Consequences need *not* be immediate (even young children have long-term memory!):
  - “I’m kind of put out right now. I’ll get back to you later. Try not to worry about it.”
  - “It might be better for us both if I decide later what to do about this. We’ll be in touch.”

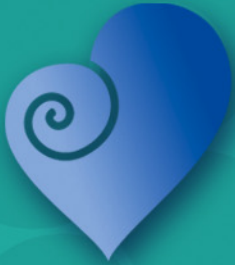


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# **Love and Logic Tool # 6**

**The Use of Praise vs.  
Encouragement**



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# Praise versus Encouragement

## Statements

Assumes a good relationship and ability and authority to judge

Can come through condescendingly

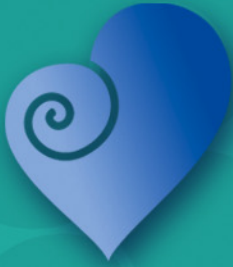
Can be embarrassing in front of peers

## Questions

No assumptions

Keep away from “witness stand”

Only risks speaker embarrassment



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# **Love and Logic Tool # 7**

**Minimizing Arguing  
and Backtalk**



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# One Liners

“That’s so sad”      Just cause I lied to them once.....

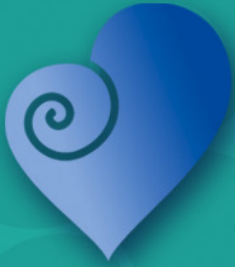
“Thanks for sharing your thoughts”      I hate you

“Sad to say, I don’t believe you”      I didn’t take it

“Makes me feel bad for you”      Everyone hates me

“What a bummer”      So I forgot to bring my paper ...

“Why are you telling me this?”



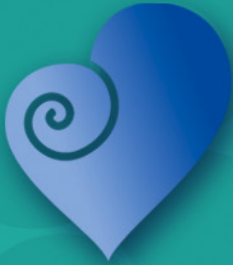
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**When is it effective  
to say: “No”?**

**When the child will obey**

**When the child will not obey  
but consequences will do  
the teaching**



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# **Talking About Tough Issues**

**Whose needs are being met?**

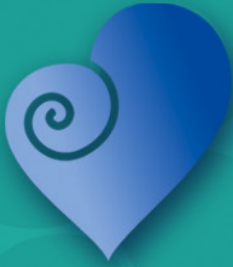
**How much information?**

**Ease of communication**

**Ask more questions**

**Acceptance without approval**

**Room for hope**



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# Get More Help from the Experts



Love and Logic®

## Parenting Children with Health Issues

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and Lisa C. Greene*



Essential Tools, Tips, and Tactics  
for Raising Kids with Chronic Illness,  
Medical Conditions & Special Healthcare Needs

♥ Book Available  
Summer 2007 at  
[www.loveandlogic.com](http://www.loveandlogic.com)

♥ Website:  
[ParentingChildrenWith  
HealthIssues.com](http://ParentingChildrenWithHealthIssues.com)

*Thank You for Joining Us!*

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