

Parenting Teen With Love and Logic, by Cline and Fay
Study Notes for Part One: Love and Logic Parents Grow Up

Chapter One

Physical changes that teens go through

- Brain development to enhance abstract thinking: may question beliefs...and you
- Hormonal development that causes growth spurts as well as rapid mood shifts
- Skin oil production increases for same reason, causing acne, and frustration
- Bodies are capable of reproduction

What are some of the social ills and conditions threatening teens mentioned in Chapter One?

What else struck you in Chapter One?

Chapter Two

Parenting Types

- Helicopter parent _____
- Drill Sargeant parent _____
- Laissez-Faire parent _____
- Consultant parent _____

What are some advantages to the consulting model for teen parenting?

Love and Logic Parenting

1. Responsible teens feel good about themselves
2. Responsibility is caught, not taught
3. Teens should own their own problems and their solutions
4. Neutralizing teen arguing keeps the focus on them
5. Gaining control through choices
6. Setting limits through thinking words
7. Empathy plus consequences equals success
8. Consequences don't have to be immediate
9. Building a life-long relationship

What else struck you in Chapter Two?

Chapter Three

Self-Concept Building

- Provide both stated and unstated messages that show you have unconditional love
- Model your own healthy self-concept to your teens by taking care of yourself as much as you take care of them
- Provide both stated and unstated messages that say “I value you.”
- Provide both stated and unstated messages that say “You can think.”
- Provide both stated and unstated messages that say “You have control.”
- Provide opportunities for teens to struggle through and own their decisions and responsibilities.

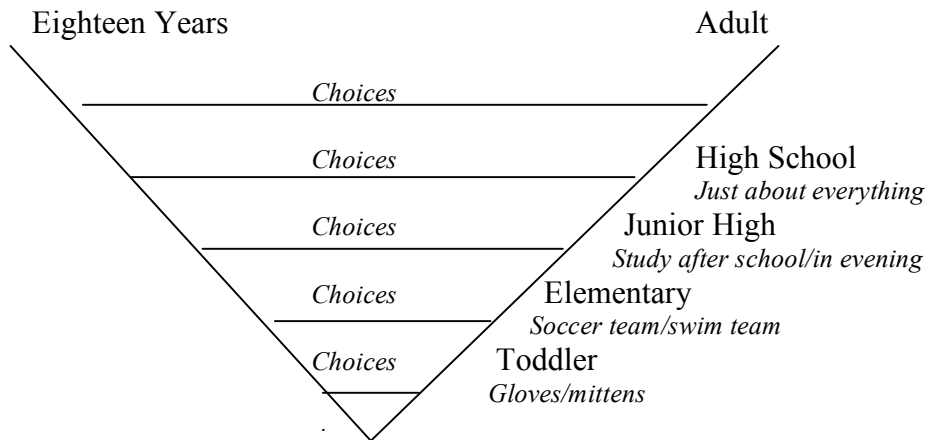
Three Voices of Self-Concept

1. **“I’m loved by all of the magic people in my life.”**
2. **“I have just as many skills as I need for a person my age...I can compete anywhere with people my age. I’m okay.”**
3. **“I can take control of my life...I can live with the consequences of my decisions or actions.”**

What else struck you in Chapter 3?

Chapter Four

Rimm’s “V” of Love



What does relinquishing control have to do with training teens for responsibility?:

What else struck you in Chapter 4?
