

Mara Briere, MA
Certified Family Life Educator
Founder & President



How To Parent Children with Behavioral Health Issues

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 **Grow A Strong Family, Inc.**
Building resilience one family at a time.



About Grow A Strong Family, Inc.

GASF is a social service agency which provides customized family life education services to the family members of those individuals with mental illnesses.

Our primary mission is to offer a comprehensive menu of evidence-informed services to improve the health and wellbeing of our clients including but not limited to:

- ▶ *Coaching services*
- ▶ *Skills-based seminars/webinars/support group*
- ▶ *Pet Therapy*
- ▶ *Social Media presence on Facebook*
- ▶ *Maintaining and updating our GASF webpage including providing free educational Blogs & Resources*
- ▶ *Collaborating with community-based agencies*



This Webinar

Parenting Practices

Illness and its impact

Becoming a Love and Logic Parent™

Strategies



Parenting Practices

- ▶ **Goal: Get children ready to be independent and live in the real world in real world ways.**



- ▶ **What does this mean? How can we help our children increase their odds of success in living in the real world in real world ways?**



Illness Changes Things

- More difficult to be around
- Lack of control makes kids more demanding
- Fewer "typical" options compared to peers
- Parents "demand compliance" and kids "resist."
- Guilt, sympathy, fear cause parents to tolerate unacceptable and disrespectful behavior.



How do parents:

- Promote self-care without yelling, nagging, lecturing or threatening?
- Communicate about behavioral health issues in ways that the child can understand?
- Manage behavior more effectively whether or not related to the illness?
- Avoid power struggles over treatment?
- Avoid over-protectiveness?
- Promote hope, resilience, independence?



Overprotection and the cycle of hostile dependency.

When someone feels entitled to have other people take care of their wants and needs thereby not taking responsibility for taking care of themselves.



Cycle of Hostile-Dependency

(from Foster W. Cline & Lisa C. Green - *Parenting Children with Health Issues*)

- > Diagnosis > Parent's Intervene > Parent takes on the problem >
- > The child blames > & Parent feels guilty > Whiny, negative behavior? EXCUSED! > Child's self-esteem drops > Result? Child's poor self-care > Diagnosis



Avoid! Cycle of Hostile-Dependency



Strategies to Avoid! Cycle of Hostile-Dependency

Fight Entitlement

- Teach manners and respect
- Expect contributions to family/others



What is Love and Logic?

Created by "Becoming a love and logic parent program" ©1990-2010

- ▶ *LOVE* allows children to grow through their mistakes.
- ▶ *LOGIC* allows them to learn from the consequences of their choices.



Why does it work?

- ▶ Uses humor, hope, and empathy to build up the adult/child relationship
- ▶ Emphasizes respect and dignity for both children and adults
- ▶ Provides real limits in a loving way
- ▶ Teaches consequences and healthy decision-making



The basic principles of Love & Logic are:

- ▶ **BUILD THE SELF-CONCEPT**
- ▶ Share the control or decision-making
- ▶ Offer empathy, then consequences
- ▶ Share the thinking and problem-solving



No Guilt Zone

- ▶ You are doing the best you can.
- ▶ You have done the best you could.
- ▶ You have already done a lot of right things...
- ▶ You are always in the process of becoming a more experienced parent!



Three Rules

- ▶ 1. The adult takes good loving care of himself or herself.
- ▶ 2. Whenever possible and reasonable, the adult gives the child two choices, both of which make the *adult* deliriously happy.
- ▶ 3. Equal amounts of empathy and consequences do the teaching.



Basic Love and Logic Attitudes

- Choices, not demands
- Sad, not mad
- Curious, not blaming
- Empathetic, not excusing
- Consequences, not punishment
- Caring, not rescuing



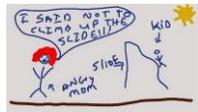
Medical Management

- ▶ What about when the condition is life threatening?
- ▶ OF COURSE, these are times when a parent *must* take responsibility for the child's care **until** the child is mature enough to take it over! When? *As early* in the child's life as possible."



Control

- ▶ The more parents push, nag, rant, rave, and rescue, the more the child resists. Non-compliance is rampant under these circumstances.
- ▶ Why should the child worry when the parent is upset about the child's noncompliance?



Communicate

- ▶ Love and Logic assumes that *children have the strength and ability to handle the truth when it is given in a loving and caring manner that always allows for hope.*
- ▶ Accurate information
- ▶ Honest discussion without being blunt or insensitive.
- ▶ KISS



Strategies

- ▶ Neutralize the arguing. Use One-Liners!
- ▶ Make your statements into questions.
- ▶ Use enforceable statements.
- ▶ Use thinking words instead of fighting words.



Neutralize Arguments

"I love you too much to argue!"



One Liners



- "I'm sorry you feel that way."
- "Probably so."
- "Nice try!"
- "So, that's how you think about it!"



Energy Drain

Ideas by Dr. Charles Fay, PhD



Brain Drain. You need to do less thinking than your kids.

- ▶ **Step #1:** Say with empathy, "When you _____, it really drains my energy. We'll talk about this later."
- ▶ **Step #2:** Give yourself some time to calm down and think.
- ▶ **Step #3:** Ask your child how they plan to replace the energy they drained. They can replace energy by doing extra chores, staying home while you rest, hiring themselves a housekeeper, cooking dinner, etc.
- ▶ **Step #4:** Give them a deadline for "energy replacement," and enforce it if they forget or refuse.
- ▶ Some parents find it necessary to go on strike or do an "automatic allowance withdrawal!" if their energy isn't replaced by the deadline. .



Enforceable Statements

- ▶ Enforceable statements include using thinking words and following through.
- ▶ Turn your words from garbage to gold.



Wise Parents use Thinking Words

- ▶ Tell a child *when* s/he can do something
- ▶ Tell the child the conditions under which the *adult* will do something
- ▶ *Describe* the choices the child has.



Wise Parents refrain from using Fighting Words

- ▶ Telling a child what to do
- ▶ Telling the child what I will not allow
- ▶ Telling a child what I won't do for him or her.



Equal parts of consequence & empathy

- ▶ Sad, not mad.



Trigger Word = Empathetic Statement

- ▶ Remember a trigger word such as, the "Oh, my!" or, "No problem!" said with a smile and a lilt in the voice



Units of Control

- ▶ Choices
- ▶ Consequences
- ▶ Glory



Finally...

- DO the 5 E's:
- Example
 - Experience
 - Empathy
 - Expectations
 - Encouragement

- DO NOT the 4 R's:
- Reminding
 - Ranting
 - Raving
 - Rescuing



Love and Logic Review

- ▶ Say, "NO!" by saying YES to something else.
- ▶ Turn your statements into questions
- ▶ Neutralize the arguing
- ▶ Use enforceable statements by saying what "I" will do
- ▶ Thinking words
- ▶ Avoid discussion. Let empathy and consequences do the teaching.



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- Parenting Practices
- Illness and its impact
- Becoming a Love and Logic Parent™
- Strategies



Resources

- ▶ Cline, Foster W. MD & Greene, Lisa C. (2009). Parenting children with health issues and special needs: The condensed version. Golden, CO: Love and Logic Institute, Inc.
- ▶ www.parentingchildrenwithhealthissues.com
- ▶ www.loveandlogic.com



When best laid plans fail!

- ▶ Stick to your "normal" routines as much as you can
- ▶ Eat and drink in moderation
- ▶ Plan on exercise; build in "nature" time.
- ▶ Make sure you have a Plan B and a Plan C in place for the unexpected
- ▶ Keep music that you love on hand and listen to it when needing to
- ▶ Prioritize your time, activities, and commitments (do what you want to and can)
- ▶ Take good, loving care of yourself!



Looking For More Information on Grow A Strong Family?

- ▶ Visit GASF online:
 - <http://growstrongfamily.org/>
- ▶ Email: GASFInc@outlook.com
- ▶ Phone: 781-405-8376



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