

Region IV Parent Resources: Becoming a Love & Logic Parent

The Situation

Becoming a Love and Logic Parent is a training program designed to improve skills in parenting and communication and raise responsible kids. The series includes six 90-minute sessions taught over six weeks.

Program objectives include:

- **The Art and Science of Control.** Sharing control with your child teaches them to make choices and learn about the consequences of those choices.
- **Guide Children to Own and Solve Their Problems.** Parenting styles (Helicopters, Drill Sergeants and Consultants) are explored and parents learn to distinguish who owns the problem. If the child owns the problem, the parent learns to step back and allow the child to take ownership.
- **The Opportunity for Thinking.** Parents learn to change “fighting words” to “thinking words” by using statements describing what they will do rather than what they want the child to do.
- **Letting Empathy and Consequences Do the Teaching.** Parents learn the difference between consequences vs. punishment and empathy, and consequences vs. anger.

Extension Response

The NDSU Extension Service / Region 4 Parent Information Center collaborate on classes with the Grand Forks Public Schools. Classes and childcare are provided at no charge. Partners for parent education and onsite childcare for siblings include: Century Elementary School, Viking Elementary School, West Elementary School, Emerado Public School, Vocational Education Center in Grafton, and Phoenix Elementary School.

Funding for the parent classes is provided by the Department of Health Child Abuse Prevention grant (DHCAP) and by Grand Forks Public Schools. The total DHCAP grant is \$11,000 with \$8,600 designated for facilitator costs and \$2,350 for workbooks, childcare providers and mileage.

The *Becoming a Love and Logic Parent* series is one of a number of classes covered by DHCAP. *Becoming a Love & Logic Parent* impacted 56 families in the grant year. Two percent of the attendees are referred by, or have involvement with, the child protection system. Seventy percent were married, and forty percent were male.

Impacts

A Family Support Program Outcomes Survey is given at the end of each series. Responses indicate that interactions with other parents are very valuable. Identifying parents with similar situations offers encouragement and strategies for implementing changes based on the series.

Feedback

Post programming outcome survey responses:

- I learned that children need to make mistakes to learn about consequences.
- When I yell at my children they yell back. I learned to keep calm and they stay calm too
- Teaching children to take responsibility and think on their own, instead of me thinking for them, was the most helpful part for me.
- I liked the practical approach. It is easy and effective.

Contacts serving Grand Forks, Nelson, Pembina, and Walsh Counties:

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