

WMLC Perspectives Highlights - May 2015

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## 5 Helpful Tips: Using the Love and Logic Program

By Jon Rossum, Licensed Special Education Teacher

Frequently instructors and staff seek out help in restoring their relationship with a teen. That relationship may be a parent – child relationship, or at school it may be an adult – student relationship. At times all adults can struggle coming up with the right words that firmly express the caring intention of a message; a message that can be difficult at times for teens to hear.

Sometimes parents ask our staff things like, “What can I say to my teenager to let them know that *‘these are the rules’* but express that in a loving way?”

Love and Logic is a program begun by a father-son team of Jim Fay and his son, Charles Fay Ph.D. Both men have experience as school psychologists, teachers and school administrators and continue to write curriculum and introduce strategies that have been used by parents and teachers for the last 30 years. The teachers at WMLC use some of the techniques from ‘Love and Logic,’ when searching for ‘the right thing to say to our students.’

All of us struggle sometimes to find something short and to-the-point that helps a teenager understand that adults are helping them more clearly understand their limits in a way that reminds them how much we care about them.

The materials advertise very clearly that some of the slogans will not work if there is not absolute sincerity behind the words. Our teenagers have an ability to identify insincerity.

At WMLC, our teachers enjoy sharing strategies that work with caregivers. We often see positive changes when a student of ours is supported by a team of people who use firm but supportive language to teach social skills, guide a student through difficult situations, and work on building a supportive relationship.

Here are 5 examples of how to use Love & Logic techniques in practice:

1. When asserting a rule that is contentious:
  - a. **“I care about you too much to argue”** (school)
  - b. **“I love you too much to argue”** (home )
    1. These statements can be used to avoid an argument, avoid a power struggle, and give time for the younger person to process their feelings.
  
2. Your child / student is angry:
  - a. **“It sounds like you're really mad. I will listen when your voice is as calm as mine. We can talk then.”**
    1. Even if you win an argument you won't be able to change the mind of a child who is angry. Instead say this empathetic statement, and then be prepared to say that over –and –over.
  
3. Privileges and rewards are not being earned:
  - a. **“I can deliver access to video games or movies when I feel respected.”**
    1. This statement can be changed of course to reflect the situation; but it *re-asserts the adult's control without putting the adult in a power struggle situation in which they can't back up what they are saying; and encourages the child to act (presumably demonstrating behavior that will allow them to earn something they really want).*
  
4. Your child is upset and not feeling hopeful:

- a. **“That’s a bummer.”** – It sounds almost condescending at first – but it demonstrates a realistic amount of empathy, without saying, ‘I understand’ (often not as effective).
    1. Rather than allow your child to think that ‘unrealistic things’ are going to happen because their feelings have been hurt, delivering this line will open up a conversation about how to ‘restore’ rather than put the parent on the spot to ‘fix it – now.’
5. When there is a need to point out risks, change behavior or give praise:
- a. **“I noticed....”**
    1. I’ve noticed that I’ve been getting more calls from school lately on school absences, or I’ve noticed you haven’t been bringing any math homework home, is everything okay?

*As a teacher, I’ve learned that this is effective when you do not want your teen to feel as if you are judging them. It is useful when we want to point out something “for their own good” yet we know they may be sensitive about it. Again, it encourages a conversation to start around the problem as opposed to setting up the child.*

Below is an online resource for free online Love & Logic resources that parents can use:

<http://www.loveandlogic.com/t-Free-Articles-and-Handouts-for-Parents.aspx>

Here is a quick PowerPoint guide for teachers (parents can use too) who are beginning to use the language to build positive and caring relationships with their students:

<http://www.lewiscenter.org/documents/AAE/Love%20and%20Logic/Teaching/Teaching%20With%20Love%20-%20Logic.pdf>



# SOCIAL SKILLS THERAPY

HELPING KIDS FIT IN & SHINE

## Summer Term Social Skills

June 2015							June	
Su	M	Tu	W	Th	F	Sa	8	First day of Camp Connections
	1	2	3	4	5	6	15	Parent Orientation Meeting @ Edina
7	8	9	10	11	12	13	17	Parent Orientation Meeting @ Excelsior
14	15	16	17	18	19	20	19	Sleepover @ Excelsior (age 8+)
21	22	23	24	25	26	27		
28	29	30						
July 2015							July	
Su	M	Tu	W	Th	F	Sa	17	Sleepover @ Edina (age 8+)
			1	2	★	4	20	Strategy Central @ Excelsior
5	6	7	8	9	10	11		
12	13	14	15	16	17	18		
19	20	21	22	23	24	25		
26	27	28	29	30	31			
August 2015							August	
Su	M	Tu	W	Th	F	Sa	13	Client Family Picnic
						1	20	Last day of Camp Connections
2	3	4	5	6	7	8	21	Sleepover @ Excelsior (age 8+)
9	10	11	12	13	14	15	24-4	End of Term Parent Conferences
16	17	18	19	20	21	22		
23	24	25	26	27	28	29		
30	31							

Summer Term

2015 Summer Catalog

Summer 2015 Registration  
Form

Summer 2015 Informational  
Flyer

Edina Camp Connections  
Activity Calendar (ages 4-11)

Excelsior Camp Connections  
Activity Calendar (ages 4-11)

Kool Connections Camp  
Activity Calendar (ages 11+)

2014-2015 WMLC Calendar

Contact Mary Wyatt for information regarding registration at [mwyatt@wmlc.biz](mailto:mwyatt@wmlc.biz) or 952-474-0227 x204

Current Clients: Please contact our Social Skills Coordinator, Linda Jones, with any questions or concerns you or your child may have. She can be reached by email at [ljones@wmlc.biz](mailto:ljones@wmlc.biz) or by phone at 952-474-0227

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## Sleepover June 19<sup>th</sup>, 2015



### Beach Party and Games at the Excelsior Commons

*Open to ages 8 and up*

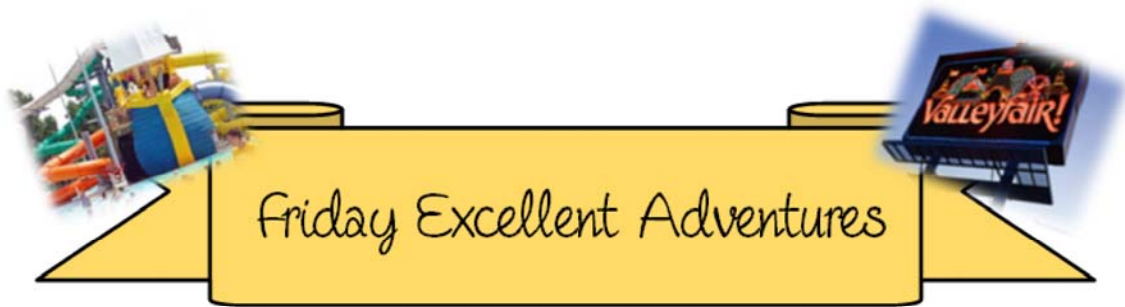
We will be going to the Excelsior Commons for an evening of swimming and fun! When we are done we will return to the Excelsior center to play games and hang out! Minimum enrollment is three participants. All are welcome, but advance registration is required.

**Cost:** \$175 + cost of activity/admission fees

[View the Flyer](#)

[Click Here to Register](#)

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All of our Excellent Adventures have been carefully researched and planned so clients not only have a great time, but also learn and practice social interaction and communication skills in a supported, but natural setting. Minimum enrollment is three participants. All are welcome, but advance registration is required.

**Cost:** \$180 + cost of activity/admission fees

[View the Flyer](#)

[Click Here to Register](#)

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## WMLC Referral Program



**Client who make referrals are eligible to receive a \$100 tuition credit...**

*Tell your friends to mention your name when they meet with our Director of Admissions!*

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## Art on the Lake at the Excelsior Commons June 13th-14th!

Art on the Lake returns to the shores of Lake Minnetonka in Excelsior as an engaging, creative experience connecting artists and their personal stories with a vibrant lake community.

At Art on the Lake, you'll find contemporary and traditional works in jewelry, wood, painting, ceramics, glass, sculpture, fiber arts and mixed media.

The two-day festival also features talented local musicians, and fine food vendors offering a variety of culinary creations to enjoy in a scenic and comfortable outdoor lakeside setting.

### Featured Artist: Thaddeus Jameson

The 35th annual Excelsior Art on the Lake's featured artist is a local Minnesotan, Thaddeus Jameson, or "TJ" as he prefers. [TJ is a 31 year old artist living with autism.](#) Diagnosed at an early age at a time when there was little knowledge of this mysterious

neurobiological disorder. Self-taught to read at age 3 and blessed with an eidetic (photographic) memory, TJ has used his drawing and painting to take charge of his life and his destiny. To learn more about TJ's story and his art, visit [www.thaddeusjameson.com](http://www.thaddeusjameson.com)

**Come view and support TJ's exhibit as the featured artist at the [35th Annual Excelsior Art on the Lake June 13th- 14th, 2015](#).**

**Art on the Lake: Thaddeus Jameson**



## Website of the Month

The recommended website for this month is codecademy. This website is designed for ages 13-17. This innovative, user-friendly tool introduces kids to the computer programming languages JavaScript, HTML, and CSS, which can be used to create web apps, games, and websites. The interactive exercises organized into lessons are sure to flex kids' problem-solving muscles.

Click for  
More Information



Facebook Website



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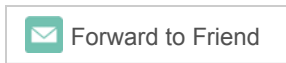
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Edina, MN 55439  
952-322-7922

Excelsior Location:  
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Excelsior, MN 55331  
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