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Using love and logic at home: A workshop for parents of children who are deaf or hard of hearing

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USING LOVE AND LOGIC AT HOME: A WORKSHOP FOR PARENTS OF CHILDREN WHO ARE DEAF OR HARD OF HEARING

by

Brittany Barney

An Independent Study
submitted in partial fulfillment of the requirements for the degree of:

Master of Science in Deaf Education

Washington University School of Medicine
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Approved by:
Mary Shortal, MA, Independent Study Advisor

Abstract: Research supporting a workshop about using Love and Logic techniques at home, tailored for parents of children who are deaf or hard of hearing.

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What is Love and Logic? It is a behavior management philosophy that can be used either at home by parents or in the classroom by teachers. For my independent study I chose to put together a workshop tailored for parents of children who are deaf on how to use the techniques at home. The philosophy of Love and Logic aims to prepare children for the real world. There are four main principles to the philosophy. They are: (1) Build the child's self concept, (2) Share the control and decision making, (3) Show empathy first - then decide consequences, and (4) Share the thinking and problem solving with your child.

Building the child's self concept means guiding them to possessing a positive self view. Parents can do this by showing the child they are capable. One way a parent can build the child's self concept is by allowing the child to solve some of his own problems. Giving the child this responsibility is an effective way that parents can instill a positive self concept in their child. When the child sees that he is able to have a positive influence on his own life, he will develop a positive self concept.

Sharing the control and decision making is one principle that many parents feel they may have trouble with at first. It isn't as difficult as it may sound and it can be as simple as giving small choices. Choices such as, "Do you want to eat your snack before or after you do your homework?" The parent is accepting of either decision the child makes plus the child feels a sense of control in his life as well as getting experience with making decisions. Through the sharing of decision making, the parent is instilling responsibility. When a parent allows a child to solve his own problem and think through his own situations, the parent sends a message that tells the child his parent knows he can

handle this situation. “Parents who fail to allow the child enough control send a message that they don’t think the child is competent enough to deal with a very dangerous world.” (Luterman and Ross, 1991) It is important that parents send their children these positive messages through the use of Love and Logic.

Showing empathy before giving a consequence is very important. By showing empathy, not sympathy, the child will see that the parent understands the situation the child is in, but believes that he is capable of handling it. Sympathy sends a message that tells the child he deserves to be pitied, he isn’t capable. While empathy sends a message that tells the child his parent loves him and that he is capable of dealing with the situation. Also when a parent gives a large dose of empathy before delivering the consequence they allow themselves to make a clear headed decision about the consequence - which demonstrates to the child how a healthy adult handles a situation when things don’t go as planned.

Finally, it is important for parents to share the thinking and problem solving with a child. This has a twofold reasoning behind it. First, when the child is held responsible for thinking through his own problems, he is getting very helpful practice for the future. The ability to analyze and solve problems is very important for life as a successful adult. The second advantage of sharing the thinking and problem solving is for the parents. By having the child think more about his problem than the parent, the parent is eliminating undue stress.

The parent doesn’t need to spend time worrying about how to fix the child’s problem, they can allow their children to make mistakes and know that their child is capable of coming to a positive conclusion. Parents of children who area deaf have are

more likely to feel they need to protect their child from the world, than those of hearing children. "Parents of deaf children often needlessly burden themselves with the myth of fragility: the feeling that because the child is deaf, he or she is so fragile that the parents can not afford to make a mistake." (Luterman and Ross, 1991)

Most often parents of children with a hearing loss experience feelings of guilt, and blame themselves for their child's loss. This feeling is natural and as long as it is dealt with properly it doesn't have to affect the family's emotional well-being. If it goes unresolved, it can result in the parents feeling they need to keep their child from any experience that may be less than enjoyable. Unfortunately these experiences are usually important learning opportunities from which children grow.

Love and Logic techniques are designed to limit stress for the parent and give children a sense of control in their lives. According to a study by Hintermair, "Empowerment processes have to start very early on, and so the empowerment of deaf and hard of hearing adults begins with the empowerment of the families they are born into in which they grow up." (Hintermair, 2006) This indicates that a resource such as Love and Logic would be very helpful for a family who has a child who is deaf or hard of hearing because it empowers the child. In that same study it was noted that, "A number of studies show that parents of deaf and hard of hearing children with heightened stress experience usually have children who exhibit problems in their development; thus the degree of parental stress is apparently a very important factor for the child's development."(Hintermair, 2006) It can be assumed that a parent of a child who is deaf as well as the child will greatly benefit from the Love and Logic techniques. When the techniques reduce the parental levels of stress, the child will have a better chance of

developing healthily in socio-emotional aspects. The study also found that the parents stress levels were strongly connected with their resource availability. The more resources the parents had access to, the lower the stress levels. Since it is known that the parents' stress levels are negatively correlated with their resource availability and that the higher the parental stress levels, the greater the likeliness of socio-emotional problems for the child, we can use this information to have a beneficial impact on the families we come in contact with.

Not only will Love and Logic be a helpful resource for parents, it will be good coming from the professionals at the child's school. The parent will be able to accept and implement the information more easily if it is provided by someone who the parent already trusts and who understands the child's hearing loss. This is why it is important that the parent not only learn the Love and Logic philosophy, but receive the information from a trusted professional.

One area of socio-emotional conditions of children who are deaf that has been studied is the ability to maintain friendships with their hearing peers. Martin and Bat-Chava (2003) found that both boys and girls who are deaf use inner-directed coping strategies to have successful relationships with their hearing peers. Their study found that having social confidence and being able to ask for repetition were two strategies that children used to be successful in these friendships. The philosophy of Love and Logic develops confidence in a child in many ways. Sharing control and decision making with the child is one way that Love and Logic develops confidence. When a child is given control in their lives and allowed to make some of their own decisions, they see that they have the ability to make a positive life for themselves. It gives them confidence in

themselves. By allowing the child to make decisions throughout his life, the child will learn from experience that he is equipped to make positive choices, and he will be confident in his decisions.

Along the same lines of inner-directed coping strategies is the idea of personal resources. One study that looked at self-esteem in adults who are deaf noted that personal resources play a role in self-esteem and satisfaction with life. Personal resources refers to personal strengths that allow a person to handle life's situations, things such as general optimism, hardiness, or locus of control. (Hintermair, 2007) The study showed that these types of personal attributes allow a person to deal with life's events much more easily than those without them. "What they all have in common is the aspect of the meaningfulness of one's own life and actions and, along with this, the feeling of certainty that one can influence and actively participate in shaping one's own future."(Hintermair, 2007) By using Love and Logic parents can develop these personal resources and equip their children to better handle life's situations.

Another area that is problematic for children who are deaf and hard of hearing is overprotection from parents. When a child is overprotected they may miss vital learning experiences. A child better develops when allowed to solve some of their own problems. Studies have found that children who have not been allowed to participate in normal adolescent situations as a result of overprotection have a harder time in the work place. (Luckner & Velaski 2004)

Hence, learning to solve problems at a young age transfers to careers later in life. Many children who are deaf do not participate in part-time work during their high school years. Working in the outside world can develop skills such as, responsibility,

independence, greater awareness of personal interests, and a positive work ethic. (Creed et al, 2004) This is a great example of how Love and Logic can be beneficial for a parent and child who is deaf. Love and Logic encourages parents to let their children make mistakes, solve their own problems, and learn from the situations. It is assumed the skills learned from these situations can help to put a child who is deaf or hard of hearing on the same playing field as his hearing peers.

Overprotection can have another negative effect on a child who is deaf or hard of hearing's life. One study found that, ". . .overprotectiveness had a negative correlation to the child's self concept. . ." (Warren and Hasenstab, 1986) According to the Love and Logic philosophy parents who overprotect their children, raise children who, ". . . don't know how to be responsible . . . feel unhappy and incapable." (Fay & Fay, 2000) Responsibility is a requirement for success in the working world and the failure to develop this skill may cause negative consequences later in life. In respect to the socio-emotional effects overprotection has on a child, they may cause them to feel unhappiness and a feeling of incapability.

Success in the working world is one area of concern for any child with any type of disability. According to studies, the concept of career maturity is vital for a person who is deaf or hard of hearing to make a successful school-to-work transition. Career maturity can be defined as the ability to evaluate situations and make positive decisions about your own career and it, ". . . involves the readiness of an individual to make informed, age-appropriate career decisions." (Creed et al, 2004) When a student is preparing to transition from the school setting to the workplace there are many important skills needed and decisions to be made. If the Love and Logic philosophy has been used

from a young age, it is helpful because it has prepared the child to make strong decisions throughout his life, by giving him practice when he is young. Along with that confidence, which is usually developed from Love and Logic, is a skill that will come in useful for adults who are deaf or hard of hearing in the workplace. Having the confidence to ask for proper accommodations, without fear of looking incapable, is something that every adult with a hearing loss should be able to do.

A separate study interviewed adults who are deaf or hard of hearing about success of their own career development, as related to a mentor figure in their lives as they were growing up. Some interesting things were found to lead to more success in the working world. First, it is important to point out, that the study found that the most influential mentor for the interviewees was a family member. They had the longest and widest range of effect on the child's life (Foster & MacLeod, 2004). There were two kinds of influence that the mentors had included: emotional support and setting high goals (Foster & MacLeod, 2004). For the first, the individuals reported that their mentor believed in them and supported them throughout their lives. The second, setting high goals, was the way that the mentor aided them in their career development. It was also suggested from studies that support from parents and educators can be imperative to a person's career development. It was noted that low expectations and lack of encouragement compounded with other environmental barriers had a negative affect on the person's career outcomes. When the techniques of Love and Logic are used correctly, the child is held to high standards and expected to be responsible for his own actions. Starting from a young age will prepare the child to lead a healthy adult life.

Healthy families with children who are deaf also identified high expectations of their child who was deaf as a major factor that played a part in their positive family dynamic. (Luckner & Velaski, 2004) This was also a factor that successful adults who are deaf said played a role in their positive self-assessment. (Luckner & Stewart, 2003) Both parties agree that having high expectations was a benefit for the child who was deaf. This is an essential part of the Love and Logic philosophy, which encourages responsibility in the child and a positive self concept.

Love and Logic is a tool that will be very helpful for parents of children who are deaf. Children who are deaf face many extra obstacles through life. This is why it is especially important to raise children who are deaf to be independent and confident in their abilities. Raising a child who is deaf using the methods of Love and Logic will help ensure that. By following the four principles of the theory; building the child's self concept, sharing the control and decision making, showing empathy first – then delivering the consequence, and sharing the thinking and problem solving, a parent can better prepare their child for the real world. The studies have demonstrated that using these techniques has beneficial results for the parents and the children. Children are able to grow into healthy mature adults who are self-confident and prepared for life. Parents also experience less stress when they are able to relinquish some control to their child. Through my research for my independent study it has become clear that a workshop on using Love and Logic at home tailored for parents of children who are deaf would be a useful resource for parents.

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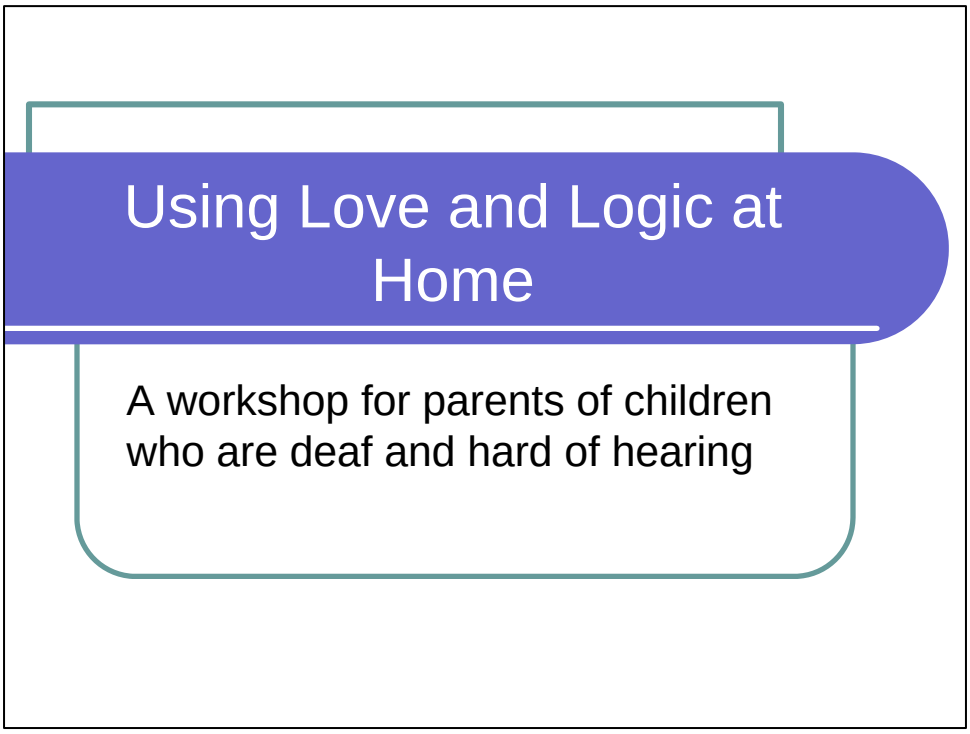
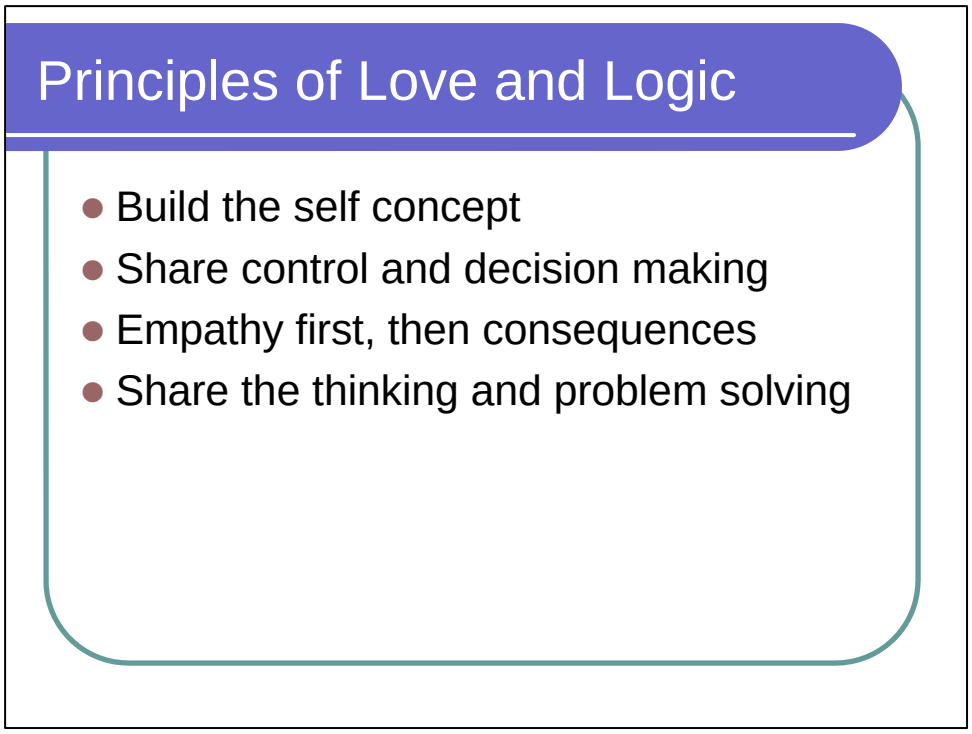


I would like to encourage you to ask any questions you may have throughout the presentation. If I am unclear about anything, please don't hesitate to ask me to explain!

What is Love and Logic?

- Love and Logic is a parenting philosophy that encourages responsibility, self reliance, and self confidence in children.



1) When I say a positive self view I am referring to a child who is comfortable with him or herself and feels confident in their ability to handle life's situations. An easy way to give your child a positive self view is to allow them to solve their own problems. Make the home as similar to the real world as possible. In the real world we aren't given warnings when a problem arises we need to deal with it. If you have prepared your child by giving him the ability to think on his own and solve his own problems he will have positive self concept, he will know that he can handle problems on his own, he doesn't need to be rescued.

2) Control is something that a lot of people find difficult to give up. An easy way to do this is to offer lots of choices. Just make sure that you are okay with all of the choices you offer. When you do this you give your child a sense of control over their own life. Something as simple as, "Do you want to do your homework before or after your snack?" is a great way to share control. You are okay with either decision and the child feels that they have some power over their lives, which is a very positive feeling for children to have.

3) Empathy first! this is important for your relationship with your child. It is important that the child realizes you have a problem with the behavior, not with the child. By empathizing, not sympathizing, we show them that we are sharing in their emotions, but we do not pity them. Feeling sorry for them will convey the message that they deserve to be pitied, that they should feel sorry for themselves. It is important that we show that we care about them and we don't want them to hurt or be sad first, once they understand that then the consequence can be given. This is a great way to insure the child recognizes the separation between them and their behaviors.

4) Sharing the thinking and problem solving, don't take responsibility for the child's problems. When we solve our children's problems for them, we take away a valuable learning experience from them. Instead we should help our children solve their problems,

but let them do most of the thinking on their own. It is better that our children learn to solve their own problems when they are young and the consequences aren't as dire. For example when your child draws on the wall instead of getting angry and sending him to his room, here is a suggestion of what you could do, "Oh bummer, you drew on the wall. Now it looks bad, what are you going to do about it?" Give the child some time to think, if she doesn't come up with an answer you can ask, "Do you want some ideas?" Then you can suggest, "Well I use a special cleaner for the walls, maybe you can use your money to buy me some."

Ch: "How much does it cost?"
Parent: "Oh about $5"
Ch: "Oh no, I only have $2.00"
Parent, "I have an idea, would you like to hear it?"
Ch: Yes,
Parent:" You could earn the other $3 by doing chores around the house."
Ch: "I hate doing chores"
Parent, "Or you could use your favorite doll as payment."
Ch: "I'll do the chores"

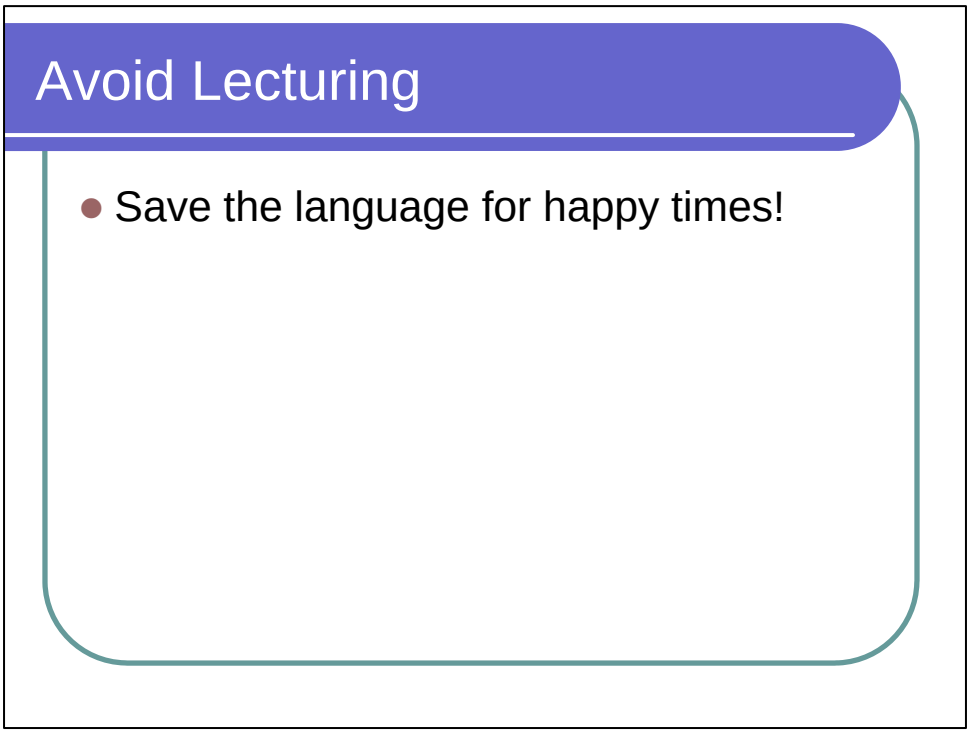
During that interchange the child had to do a lot of thinking and decision making, all while the parent was able to lead and help her. This gives the child great experience with good decision making.

Sound Bites

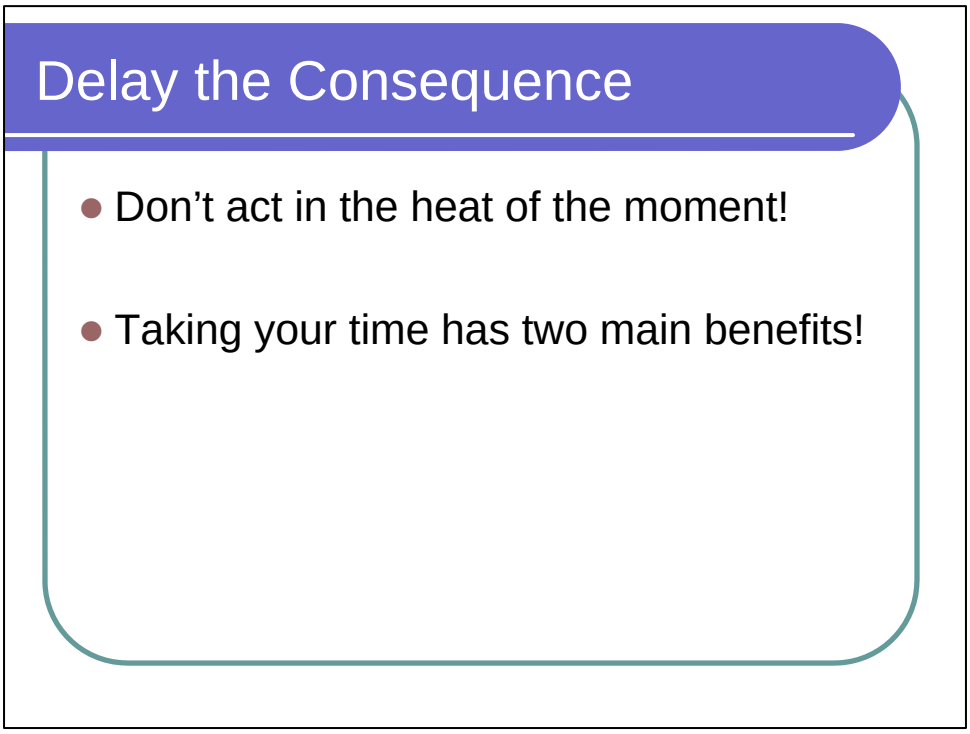
- Have a designated phrase or phrases you say to your child when they act up.
- The Uh-Oh song is a great technique for young children.

These phrases are ones that convey empathy, not anger. Some good examples are; Oh Bummer! This is so sad! Uh Oh! What a shame! If you have these prepared before your child misbehaves, it will be a lot easier to recall them when the time comes. Another handy part of these phrases is the fact that you are less likely to let your anger or annoyance show. I recommend you take a minute now and think of what yours will be. Go ahead and write it down on your paper.

The Uh Oh song is very effective with young children. The first step is instead of giving threats or warnings, sing uh oh and take action. If your child is acting up, say he won't stop throwing his food on the floor, then you can just stop and sing, "Uh oh, lunch is over" Take him out of the high chair. The second step is to gently carry or lead him to his room. Third you give your child a choice about the door, open or closed? If he won't answer you, make the choice for him. Fourth Tell him, "feel free to come out when you are acting sweet" Next make sure not to lecture or talk to your child while he is in his room. It is important to keep your tone sing-songy and not angry or annoyed during this process. Finally and most importantly in order for this to work your child needs to want to be with you. Have fun with your child when they are behaving!



-You want to save the language for happy times, spending time with you and conversing with you is something that your child should treasure. Lecturing won't change the behavior. It is especially important for our children to associate language with positive feelings, when they are young. By eliminating lectures we also eliminate the need to act immediately in the moment. This gives you as the parent more time to rationally think about what happened and what the best and most natural consequence would be.



Don't act in the heat of the moment! When you walk into the living room and see your daughter painting on the wall, your initial reaction is probably not the most positive one. It is important that as parents we recognize that we aren't always in the right mindset to deliver instant consequences. If we act immediately we may end up making empty threats and trying to create unenforceable consequences. When you take your time in delivering a consequence you experience two main benefits. The first is the fact that you know you will make a more realistic, fair, and appropriate decision if you wait a little bit. Second the delay gives your child a chance to think about what she did wrong. She will be given time to feel remorse instead of anger or resentment. An example of how you could handle this situation would be the following.
Parent: Oh, this is so sad! Jane you know you aren't supposed to hit the dog. I am very disappointed at what you did. I need some time to think about your consequence. Please go wait in your room while I think about it.

Taking this time gives you as a parent time to calm down and assess the situation as rationally as possible. You are much less likely to regret your decisions if you take a few minutes to make them.

A Test

- If you still think that Love and Logic won't work with your child, try this simple test.
  - 1) Promise your child that you will go to McDonald's later.
  - 2) Don't go to McDonald's later
  - 3) If they remember, then these techniques will work.

Any Questions?

Citations

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Love and Logic: Parent Workshop

Love and Logic encourages:
_____, _____ and _____

Principles of Love and Logic

1) Build the self-_____.
2) _____ the control and decision making.
3) _____ first, then _____.
4) Share the _____ and problem solving.

What is your *sound bite* going to be?

_____

Circle the correct answer:

Language should be saved for the **happy/in trouble** times.

Lectures **will/won't** change the behavior.