

Dear Kindergarten Parents,

A wonderful resource for helping children develop self-discipline and a positive self-concept is the Love and Logic Program developed by Dr. Charles Fay. I receive weekly updates from the Love and Logic Institute (www.lovenadlogic.com) and I'll occasionally pass them along. The following article was written by Dr. Charles Fay. I hope you find it helpful!

Positive Reinforcement: Examples and Cautions

If you have followed Love and Logic for any period of time, you know how strongly we believe in holding youngsters accountable for their mistakes and misdeeds. As most of us have learned the hard way, the road to wisdom and responsibility is paved with plenty of small mistakes and their consequences.

As we go about shaping the hearts and minds of our children, it's important to remember that this road is also paved with positives. While it's unrealistic, and not too healthy, to reward our kids every time they do something good, we're wise to remember the value of reinforcing good behavior and good deeds.

The healthiest and most powerful types of reinforcement involve time and attention rather than stuff. Examples include:

- Sitting on your floor with your toddler and building towers of blocks together.
- Doing a puzzle together.
- Playing catch.
- Saying to your child, "It looks like you really worked hard on that. I bet you're proud of yourself."
- Noticing something that your child has done well and patting him on the back.

As we provide reinforcement, it's wise to remember the following:

- Reinforcement is more powerful when it comes as a surprise to our kids.
- Reinforcement loses its power when kids come to expect it.
- Rewards should not be given every time our kids do something good.
- When our kids beg for or demand rewards, they should not get them.
- Avoid saying, "You are smart." Focus on your child's hard work and perseverance.
- Your love should never be used as a reward or consequence. Your children should feel secure that they have your love all of the time, even if they make mistakes.

Help your child to learn that we do good deeds and work hard because they are the right thing to do, not because we expect rewards for them 😊