

# MENU

## The Love and Logic Café

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The Love and Logic Café offers a variety of dishes to satisfy a variety of different tastes. In order to qualify as “Love and Logic Approved,” each must be delivered to the table in a way that satisfies the following 2 rules:

- Adults take good care of themselves by setting limits without anger, lectures, threats, or repeated warnings
- When children cause problems, adults hand these problems back by providing large doses of empathy and logical/natural consequences

Now for our meal selections:

- Love and Logic One-Liners
- The Delayed Consequence
- Empathetic Statements
- Enforceable Statements
- Choices Within Limits
- Five Steps for Guiding Kids to Own and Solve Their Problems
- Energy Drain!
- Mabel the Babysitter
- Change your location
- Change the child’s location (AKA the Uh Oh Song)
- Remove the problem object

Pick and choose, find what works well for you, and enjoy your meal!

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