



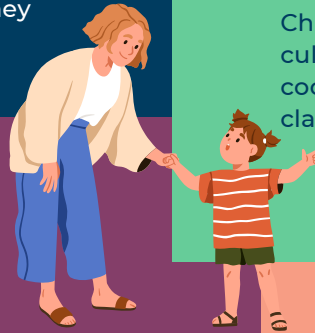
SMART LOVE.
FAMILY SERVICES

Smart Love in Action

When responding to children, keep the **S.M.A.R.T.** approach in mind.

STAY POSITIVE

You remain positive regardless of what children are doing or saying. Children will trust you with their self-doubts and concerns because they won't fear negative consequences.



MODEL KINDNESS

You respond positively to all requests to play or to help. Children imitate you, and a culture of kindness and cooperation is created in the classroom.



ACKNOWLEDGE AND ACCEPT ALL FEELINGS

You welcome all feelings, and help children understand that feelings don't have consequences, and so are different from actions. There is no attempt to suppress feelings through coping mechanisms or distractions. As a result, children learn that they never have to be ashamed or rejecting of how they feel, and they become comfortable with all of themselves.



LOVING REGULATION OF BEHAVIOR

Loving Regulation is the Smart Love approach to managing children's behavior. Loving Regulation means that you regulate behavior when necessary, but in a positive way, and without attaching negative consequences. The focus is on helping children understand what led to the behavior that needs regulating. This models a way to connect when others don't do as we wish.



TIME-WITH

When children are upset or out-of-control they are never isolated. If they pose a problem to themselves or others, you may have to pick them up or take them out of the room for a time, but you will always go with them to help in a caring and understanding way. The message is that the relationship with you is always there to help them feel better and rejoin the activity when they are able. Importantly, when a child is removed from an activity for one-to-one support, the other siblings or children are told that you are helping the child feel better. This prevents children from believing that punitive responses happen when a teacher takes someone aside.

Note about Immediate Health and Safety Concerns: If the child is about to engage in something unsafe, such as riding a bike into the street or hitting someone: first step is immediately to stop the behavior, then follow the rest of the steps. Remember: Smart Love is not permissive. Children need caring adults loving guidance to learn healthy self-regulation. When you use Smart Love, you respond to the child's immature behavior WITHOUT harshness (anger, reprimands, negative consequences, threats, rewards, or time-outs). Punitive measures cause resentment, anger, and negative self-esteem in children. Smart Love brings joy to teaching and happiness to children.

The Smart Love® Approach was developed by Martha Heineman Pieper, Ph.D., and William J. Pieper, M.D., and is described in their book **Smart Love: The Comprehensive Guide to Understanding, Regulating, and Enjoying Your Child**. The Natalie G. Heineman Smart Love Preschool offers classes for two to six year olds. Smart Love Family Services provides counseling for children and families based on the Piepers' therapeutic approach, Inner Humanism. Parenting programs include private parent coaching, educational seminars (co-sponsored by the Intrapsychic Humanism Society), parent training and support programs, and publications. Smart Love Family Services is an Illinois-based 501(c)(3) nonprofit organization.