

*Free
Resources
and Support*

**Parenting
the Love and
Logic Way®**

Phylis R Tomlinson
Facilitator
phylistomlinson@gmail.com
www.phylistomlinson.com

1. www.loveandlogic.com
 - a. see Parent Link for free articles - divided in categories for ages of children
 - b. sign up for **Insider's Club** articles, link on home page, sent bi-monthly with random parenting tips
 - c. click on >contact >hire a trainer>sallyogden (for short clip on responding to teasing); consider listening to others as well
2. www.youtube.com and Blog search
 - a. love and logic
 - b. The Meanest Mom (J. Sullivan),
 - c. The Mom Song Sung to William Tell Overture—for a laugh
3. iTunes podcasts: Ted and Love and Logic Podcasts
www.TED.com - search
 - a. Bruce Feiler: “Agile programming for your family” (re: family meetings)
 - b. Colin Powell: “Kids need structure”
 - c. Freakonomics Radio Podcast: “How to Be More Productive” 41:34 rebroadcast from 12/21/16 In this busy time of year, we could all use some tips on how to get more done in less time. This merges wonderfully with concepts from Love and Logic.
4. www.npr.org - search
“How Schools are Handling an Over-parenting Crises” - 8.28.15
5. www.ithappened-inschool.com/meanmotherss.html -
“I loved you enough” by Irma Bombeck

Book Titles: consider the title, if not reading the book....

1. [The Five Love Languages of Children](#), Gary Chapman
2. [Be Here Now](#), Ram Dass
3. [A Failure of Nerve](#) E. Friedman
4. [Emotional Intelligence](#) by D. Goleman
5. [The Four Agreements](#) M. Ruiz (text and workbook)
6. [The Power of Now](#) E. Tolle (text and short daily thoughts on a card)

Compiled by Phylis R Tomlinson, LPC, LMFT, ATR-BC
Contact to be notified of upcoming parenting series, make appointment for parenting coaching and/or individual/family therapy sessions

Office: 4010 Blue Bonnet, #109, Houston, TX 77025 - 713-253-9044

phylistomlinson@gmail.com www.phylistomlinson.com