# STAR Parenting

A STAR parent is a growing parent — not a perfect parent

## Stop & focus

- · Calm yourself
- Consider your values
- · Consider your child
  - Consider the situation

#### hink of ideas

- · Go for volume
  - Add variety
- Hunt for new ideas

### Act effectively

- Evaluate ideas
- Make a plan
- Strengthen your plan • DO IT!

#### Review & revise

- · Review what's working
- · Revise unresolved areas
  - Reward yourself for success or effort

# Respond to Cooperation

Attention Praise Rewards For more information please visit our website at www.STARparent.com

## Acknowledge Feelings

Simple listening Active listening Grant in fantasy

#### Teach New Skills

Avoid

**Problems** 

Reduce stress

Change things

Two yeses

Modeling Shaping Re-do it right

#### Set Limits

Clear limits Consequences A better way

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See also Love & Limits or Without Spanking or Spoiling | available from www.ParentingPress.com