

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

Think of ideas

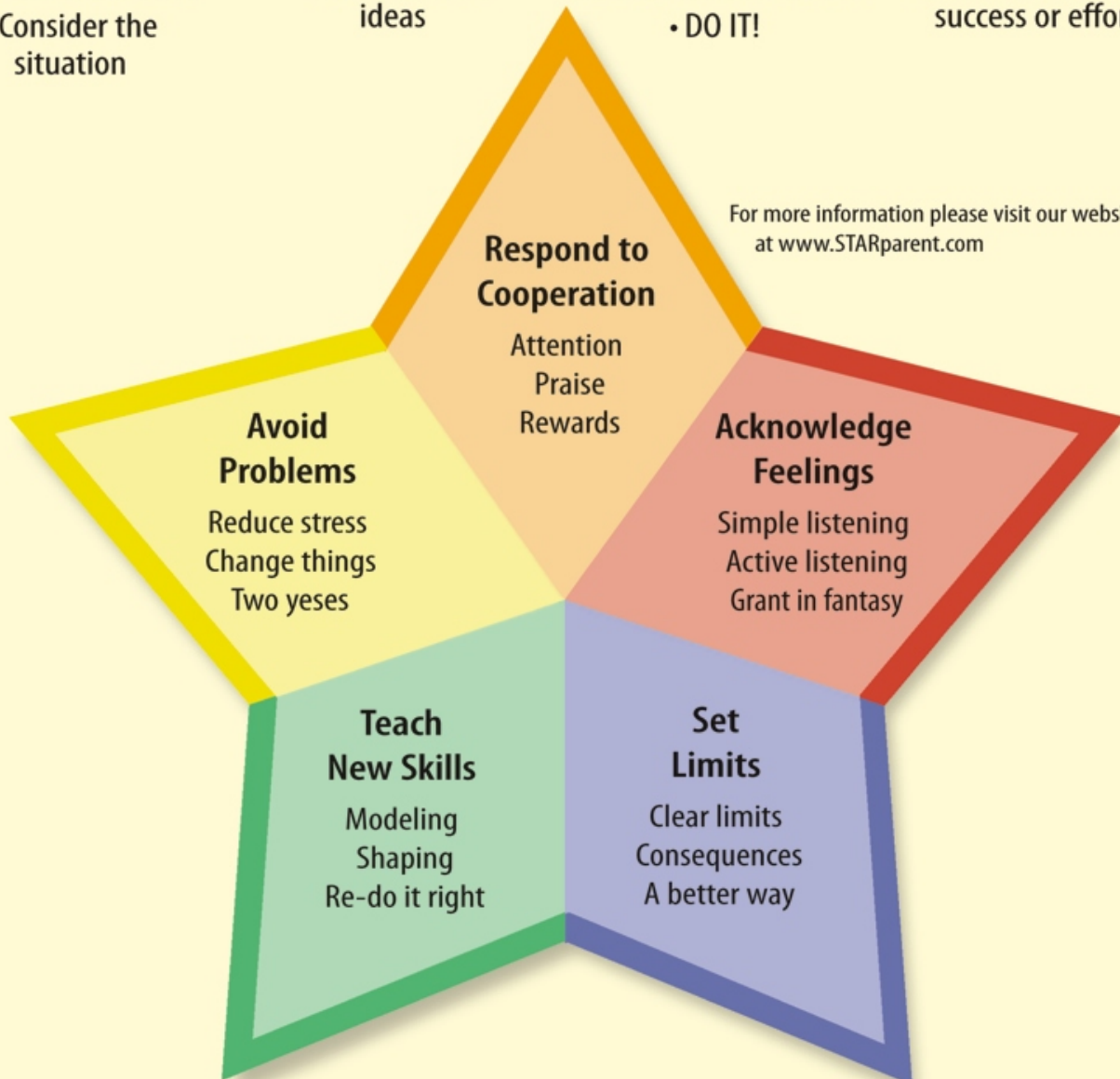
- Go for volume
- Add variety
- Hunt for new ideas

Act effectively

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

Revise & revise

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



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