



Elizabeth Crary's **STAR** Parenting Model

Designed for parents who want:

- A gentle and effective approach
- Simple ways to solve problems
- Practical tools
- An integrated, long-term strategy
- To avoid stumbling from crisis to crisis

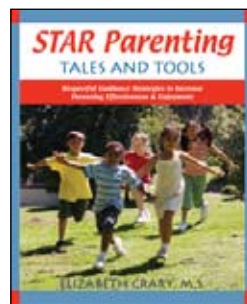
Implemented with hundreds of parents since 1992, this child guidance program focuses on changing behavior. Designed for families of any kind, of any age or culture, it accommodates differing values and preferences by providing more than a dozen well-tested techniques for parents to try.

The STAR Model

Introduced in 1992, STAR Parenting is based on more than 25 years of teaching, consulting and writing by parent educator and author Elizabeth Crary.

STAR serves as an acronym for the program's process:

- Stop
- Think
- Act
- Revise



The symbol of a five-pointed star is an easy reminder of the five points, or aspects, of effective parenting:

- Avoid problems
- Teach new skills
- Set limits
- Acknowledge feelings
- Respond to cooperation

Each of these five points offers parents three practical ways to handle or avoid issues, for a total of fifteen tools that are easily adaptable to a child's developmental level and temperament. Participants in Crary's dozens of STAR Parenting classes express enthusiasm for how well the techniques work with children or any age.

STAR Program Options

Overview

Parents, caregivers and parent educators can participate in the STAR Model by

- Using the new book describing the program, *Star Parenting Tales and Tools*
- Taking a STAR Parenting course
- Becoming a STAR facilitator
- Providing information about your experiences with the Model that helps validate its value
- Bringing Elizabeth Crary to your community for a STAR presentation

About the Book

STAR Parenting Tales and Tools: Respectful Guidance Strategies to Increase Parenting Effectiveness & Enjoyment describes how you can use the STAR Model with your students, or with your own family. This new book by Elizabeth Crary provides 256 pages of clear, step-by-step guidance, stories about families just like the ones you know, and all sorts of suggestions for developing creative solutions to both everyday and serious issues.

STAR Parenting Tales and Tools will be available in bookstores by spring 2011 for \$23.95. Pre-publication orders can be placed now at (800) 992-6657, www.parentingpress.com.

What Professionals Say

"Filled with old wisdom and fresh ideas! Outstanding because it is such a complete guide to managing oneself as a parent, and yet it is simply written."
—Jean Clarke, author, most recently, of *How Much Is Enough Leader's Guide*

"Combines several tried and true parenting theories/resources. Each point of Crary's star unfolds and reveals solutions to common behaviors. It's like one-stop parenting advice. If I had only one book to buy for parenting strategies, this is it!"

—Karen Zimmerman, Early Childhood Content Coach, St. Paul Public Schools

"Fills gaps that exist in other parenting books."

—Helen F. Neville, parent educator, author of such books as *Is This A Phase? Child Development & Parent Strategies, Birth to 6 Years*

"Provides a framework for solving just about any parenting or discipline issue...taking into account one's family values, child development and temperament."

—Barbara LeBlanc, Director, Parenting Center, Children's Hospital, New Orleans

"The skills of the STAR are also the skills I used to gain cooperation from the group of TANF-recipient parents I worked with."

—Laurie A. D. Kanyer, parent educator

"A parent educator using this book can easily guide parents through the concepts, activities, and recommended practices."

—Karen DeBord, professor emeritus, North Carolina State University

Courses and Certification

STAR Parenting courses, offered in Seattle and by arrangement elsewhere, include:

- STAR Basics, eight sessions
- STAR Siblings, five sessions
- STAR Feelings, six sessions
- STAR Facilitator Training

STAR Basics Certification

Designed for those who'd like to use the STAR Model in parent education or counseling, this has four phases which provide a thorough foundation in STAR content, a facilitator's workshop, and teaching.

Participants receive hands-on practice with the STAR concepts and group facilitation skills. Certification includes the opportunity to network with other facilitators, especially when confronted with challenging situations; updates on STAR material; continuing training opportunities; and discounts on any Parenting Press books purchased for your courses.

Elizabeth Crary regularly teaches STAR Parenting courses in Japan for parents and professionals.



About Elizabeth Crary, M.S.

Concerned about how the then-available parenting guides dictated, rather than encouraged parents to problem-solve, Elizabeth Crary wrote *Without Spanking or Spoiling: A Practical Approach to Toddler and Preschool Guidance* in 1979. With more than 175,000 copies sold, it's been described as "a treasure trove of ideas" and is one of the best-regarded resources for parents struggling with discipline issues.

Without Spanking or Spoiling was followed by several similarly practical parenting guides, all written while Crary was teaching parenting education and rearing her own two children. The award-winning *Help! The Kids Are at It Again: Using Kids' Quarrels to Teach "People" Skills* was praised by USA Today and the Boston Globe. More recent publications include *Dealing with Disappointment: Helping Kids Cope When Things Don't Go Their Way* and the *Self-Calming Cards*.

Crary is also the author of several children's books, many created in a you-choose-what-comes-next format to allow readers to approach problems in different ways.

Based in Seattle, Crary is a frequent speaker at conferences and trainings across the U.S. and in Japan.

Bring Elizabeth Crary and STAR Parenting to Your Community

Elizabeth Crary can introduce the STAR Model to the ECE and parent education professionals in your community with a daytime session that combines lecture, role-playing and hands-on exercises and then bring the same valuable information to local parents in a 90-minute evening program.

Your parent educator program can bring one or both of these presentations to your community at almost no cost if you are one of the five communities that receives a Parenting Press grant in 2011.

Because of its commitment to the STAR Parenting process, Parenting Press will provide five grants to cover the cost of Mrs. Crary's air travel. In addition, Mrs. Crary will donate her time. The Press will also publicize presentations and registration information on its web site and with Facebook and Twitter.com, and with e-mail announcements to appropriate names in its database.

Grant recipients are responsible for providing space, securing CEUs (strongly recommended), promoting the presentation(s), covering any other presentation-related expenses, and providing Mrs. Crary's lodging, meals and ground transportation. They are also responsible for assisting Mrs. Crary in the sale of Parenting Press books after each presentation. Grant recipients are welcome to charge modest registration fees to recoup their costs.

To apply for a STAR Parenting Presentation grant, please answer the following questions in detail (no more than 1,000 words) and submit via e-mail to office@parentingpress.com or by postal mail to STAR, Parenting Press, P O Box 75267, Seattle WA 98175. Submissions must be received by June 30, 2011.

1. Name of your agency/organization, personnel who would organize presentation, and all contact information.
2. Description of the professionals who might attend this presentation (examples of their titles, employers, and responsibilities).
3. How will you attract the professional audience? What promotion will you use?
4. Estimated number of professionals you will register.
5. Describe the proposed venue and available spaces in it.
6. Length of presentation you'd prefer.
7. Preferred date(s).
8. Would you like a presentation for parents (probably of children 1-14)? If yes, complete #9.
9. Describe how you will promote this presentation to parents and the expected attendance at the parent program.