

Marvin Marshall's **Parenting** *without* **Stress**®

How to Raise Responsible Kids While Keeping a Life of Your Own

The Parenting Without Stress Model

I

PROCEDURES

Assume nothing. Assumptions are guesses.
Show, practice, and reinforce the behavior you WANT, rather than telling what you don't want.

II

THREE PRINCIPLES TO PRACTICE

POSITIVITY

Practice changing negatives into positives.
"No running" becomes
"We walk in our home."
"Stop that!" becomes
"Show me the right way," or
"What should you do?"

CHOICE

Choice-response thinking teaches impulse control & responsibility.
Questions such as,
"Do you want me to make the decision for you,
or can you make it yourself?"
promote maturity.

REFLECTION

Since a person can only control another person temporarily, and because no one can actually change another person, asking REFLECTIVE questions is the most effective approach for actuatng change in others.

III

THE RAISE RESPONSIBILITY SYSTEM (RRSystem)

TEACHING THE HIERARCHY (Teaching)

The hierarchy engenders a DESIRE to behave responsibly. Young people learn the difference between INTERNAL and EXTERNAL motivation. Young people learn to rise above inappropriate peer influence, bullying, and irresponsibe behaviors.

CHECKING FOR UNDERSTANDING (Asking)

Young people reflect on their chosen LEVEL. This approach SEPARATES THE PERSON FROM THE BEHAVIOR, thereby negating the usual tendency to defend oneself. It is often this natural tendency to self-defend one's behavior that leads to confrontations.

GUIDED CHOICES (Eliciting)

If disruptions continue, a CONSEQUENCE or PROCEDURE is ELICITED to redirect the inappropriate behavior. This approach is in contrast to the usual coercive approach of having a consequence IMPOSED that promotes victimhood feelings.