

BALANCED AND EFFECTIVE PARENTING

Be Willing (to change)
Acceptance is necessary for change
Learn new skills and strategies
Acceptance leads to less suffering
Note the validity in multiple points of view
Changing behaviors is hard and necessary
Evaluate Pros and Cons
Distract temporarily from stressful situations
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Emotion regulation leads to behavioral control
Find Balance in your responses
Follow through on limits and expectations
Eliminate judgments by being mindful
Commit to change behaviors that don't work
Think Wisely and Dialectically
Interact more effectively by knowing your goals
Validate yourself and others
Effective responses focus on long-term goals

Participate with full attention
Appreciate the moment
Recognize and Reinforce Positive Behaviors
Effectiveness means doing what works
Negotiate when necessary
Think in a way that doesn't judge
"It is what it is"
Natural Consequences help learning and change
Generalize skills to all situations