

When the hustle and bustle of life starts to take over, it can be difficult to remember these key elements. To help you remember them, remind yourself that you want your children to reach for the **STARRS**, or in other words: Taking control of your **SCHEDULE** and setting the **TONE** of your home **ALLOWS** you to nurture **RELATIONSHIPS** and transfer **RESPONSIBILITY SUCCESSFULLY**.

# TAKE CONTROL OF YOUR SCHEDULE

EVALUATE YOUR SCHEDULE AND FIND WAYS TO CREATE MORE MARGIN.

You can use post-it notes, a dry-erase board, a spreadsheet, or the blank schedule page included in the workshop notes to evaluate your weekly schedule. Ask yourself questions as you evaluate your schedule.

- Which activities are not adding value to your family?
- Which activities do not align with your family's core values?
- Are there any activities your children are still involved in, but are not enjoying?
- Are there activities that are only benefiting one person in the family?
   If so, decide if this is acceptable for your family and in line with your family's core values.

#### PRACTICE MASTERLY INACTIVITY.

- Remind yourself that your children can and should find ways to spend their days discovering and creating on their own.
- Provide raw materials they can use to create something new.
- Choose one activity that recharges your soul, such as taking a bath, reading before you go to sleep at night, having a cup of tea in the afternoon, or taking a walk, and find a way to incorporate it into your schedule. It may not happen every day, or even every week. You may need to ask for help or make changes to make it a reality.

# SET THE TONE OF YOUR HOME

CHOOSE TO BE THE THERMOSTAT.

- Print out the visual reminder to be the thermostat and post it in your home.
- Identify situations that cause frustration. What triggers make it difficult for you to be the thermostat? Is there a way to minimize those triggers?
- Choose to allow your children to experience the natural consequences of their actions without judgment. Respond with love and patience.



## **NURTURE RELATIONSHIPS**

DENTIFY YOUR FAMILY'S CULTURE OR IDENTITY.

- What sets your family apart?
- What core values are important for your family?
- Consider developing vision and mission statements for your family.
- How can you communicate these values in a way that encourages your children to embrace them?

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#### CAPTURE YOUR CHILD'S HEART.

- Remember to make time to be mom.
- Determine your child's primary love language and plan a special activity with him that will speak that language.

#### BE FULLY PRESENT WITH YOUR CHILDREN.

- Evaluate the time you spend with your children. Are you spending quality and quantity time with them?
- How present are you when you are with your children? Do you need to remove email and social media
  apps from your phone? Do you need to write out a list of things you need to do so you can be present in the
  moment?

# TRANSFER RESPONSIBILITY

DENTIFY RESPONSIBILITIES YOU WANT TO HAND OVER TO YOUR CHILD.

• Consider life skills, educational goal, and habits.

#### DEVELOP A PLAN TO TRAIN YOUR CHILD AND BEGIN THE PROCESS OF TURNING OVER RESPONSIBILITY.

Choose one task or skill to turn over to your child and begin to train him to assume the responsibility for it. Use the guidelines below as a guide.

- 1. Explain the steps your child needs to follow.
- 2. Work alongside your child to model how to complete the task.
- 3. Allow your child to work independently, but provide a quality control check.
- 4. Turn over the task completely and allow him to learn to accept the outcomes of his work, positive and negative.





#### **Recommended Resources**

### **Taking Control of Your Schedule**

Boundaries by Henry Cloud
Tell Your Time by Amy Lynn Andrews
The 7 Habits of Highly Effective People by Stephen R. Covey

#### **Set the Tone of Your Home**

Overwhelmed by Kathi Lipp and Cheri Gregory
The Lifegiving Home by Sally Clarkson and Sarah Clarkson
The Power of Positive Thinking by Norman Vincent Peale

# **Nurture Relationships**

How to Talk So Kids Will Listen & Listen So Kids Will Talk by Faber and Mazlish Parenting is Heart Work by Scott Turansky and Joanne Miller The 5 Love Languages of Children by Ross Campbell and Gary D. Chapman Why I Didn't Rebel by Rebecca Gregoire Lindenbach Unwired Mom by Sarah Mae

# **Transfer Responsibility**

Do Hard Things by Alex Harris and Brett Harris Encouraging Maturity with a Responsibilities and Privileges List by Crystal Wagner Knights in Training by Heather Haupt

setting the Tone of your home Taking control of your Schedule and and transfer Responsibility allows you to nurture Relationships successfully



# Spending Time WITH Child

WRITE A MESSAGE IN A SPECIAL NOTEBOOK

LEAVE A CARD OR NOTE IN AN UNEXPECTED PLACE

PLAY A GAME

GO TO THE MOVIES

SNUGGLE AND READ A BOOK OR TALK

TAKE A WALK OR HIKE

WORK ON A PUZZLE

STARGAZE

ROAST MARSHMALLOWS AROLIND A FIRE PIT

HAVE A PICNIC IN THE BACKYARD

BAKE COOKIES

TAKE A PAINTING, CRAFTING, OR WOODWORKING CLASS TOGETHER

COOK A MEAL TOGETHER

GO BOWLING

PLAN A PRACTICAL JOKE TOGETHER

HAVE AN ICE CREAM SUNDAE NIGHT

GO ON A SCAVENGER HUNT

TRAIN FOR A 5K TOGETHER

LOOK THROUGH PHOTO ALBUMS OR SCRAPBOOKS

GO FOR A BIKE RIDE

HAVE A "REMEMBER" NIGHT AND RECALL MEMORIES

GO TO THE DRIVING RANGE OR A FRISBEE GOLF RANGE

ATTEND A CONCERT

PLAY CROQUET, BASKETBALL, TENNIS, OR ANY SPORT YOUR CHILD ENJOYS BROWSE THE SHELVES OF A USED BOOK STORE

VISIT A MUSEUM

HAVE A TEA PARTY

PLAY LEGOS

GO SHOPPING

COMPLETE A CHORE FOR YOUR CHILD

PREPARE HIS FAVORITE MEAL

GIVE HIM A HUG OR PAT ON THE SHOULDER

PAINT A PICTURE

PLANT AND TEND A GARDEN TOGETHER

WORK ON A HOME IMPROVEMENT PROJECT

SPEND A FEW MINUTES EACH NIGHT TALKING BEFORE BED



Are you a thermometer or a thermostat today?

A thermostat determines the atmosphere of your home while a thermometer only reacts to it.



Time	Monday	Tuesday	Wednesday	Thursday	Friday

Time	Saturday	Sunday