

"YES Mom!" - I DID IT THE FIRST TIME ASKED – Star Chart

Ages 3-7+

Name _____

Week _____

Saturday _____ = _____

Sunday _____ = _____

Monday _____ = _____

Tuesday _____ = _____

Wednesday _____ = _____

Thursday _____ = _____

Friday _____ = _____

Total Stars** = _____

This week I want to spend my STAR time with _____ Doing _____

Instructions to read to children and adapt/playact for younger ones

1. If I hop to it **FIRST** time asked and must say "Yes Mom/Dad" = 2 Stars (child puts on the stars)
2. If I say NO first or don't respond, but reminded: "What do you say?" then say "Yes, Mom/Dad" = 1 star
3. If I am as slow as a turtle and need TWO times to be asked = 0 Stars
4. If I have not moved, or continue to say NO, THREE times asked, **big trouble** = *Take-away 3 Stars*

****End of the week, add up all stars and fill in the name of parent and activity of choice.**

Each star = _____ minutes with adult of choice, doing activity I want. (Try to make it possible to earn 20+ mins.)

Activity which is approved by mom/dad can be used on an agreed date or saved up.

The most weeks I can save up at a time are = _____

Mom/Dad can put ON **stars anytime** if I have done things **WITHOUT being asked**.

If I put on a star myself **without permission** = *take-away 3 Stars*, 2nd offense *take-away 5 stars*

If the adult of choice can NOT do the activity on planned date = 10 Stars added

THANKS FOR LISTENING, SAYING "YES, Mom" & OBEYING THE FIRST TIME ASKED!

Instructions to Parents – As with any new parenting tool, sit your child down and enthusiastically explain this new, and exciting tool focusing on #1-4 & describing its benefits. Ask for questions. They might need cheery reminders at first with "What do you say?" You need confirmation that they **heard** your request to **act** on it. It is very important that you have ready 4/5 printed sheets per child (one month) to start with and a collection of small stars to use immediately. **Tools are effective IF parent(s) are focused, listening, and immediately responsive to the child's response and obedience. Also, you MUST follow through on your end, by doing the activity of choice.**

New habits can be formed in 21 days, so this tool might only be needed for one month. After one month, or if needed longer, praise your child and say since he/she is doing so great, no more need for star charts, but regular outings or activities will be planned with mom/dad. Also, if it fits your family, mention you may need their help in the future when their younger baby brother/sister will be three and together you all will do this again. 😊