

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

Ages 2 ½ -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/play-act 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?" and 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* (possibly have other consequences as well for not being obedient to your requests.)
- **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./wk)
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**. (*praise them besides stars*)
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 **great benefits!** The other instructions can be shared over time. Do not give too many instructions at once. Primarily focus on #1 and 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.** Everyday examples: “*It’s time to eat now, turn off the TV please.*” “*Please pick up your toys.*” “*It’s time for a bath, meet me in the bathroom.*” “*Please pick up your clothes and put them away or in the dirty clothes basket.*” “*In 5 minutes, you need to come inside for dinner.*”

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/any stickers to use immediately. (*Maybe consider printing on different colored pieces of paper for each child, if available, for easy recognition for child and parent.*) Put this chart on the refrigerator, wall, bulletin board, any place where it is seen by you and your child and easily accessible for your child to add stars when earned.

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. Praise them for their obedience, not just the stars. “*I really liked how you obeyed me the first time I asked! Good for you! You are getting a lot of stars on your sheet. I am looking forward to doing that special activity with you this weekend!*” As mentioned on the other side of this sheet, if you see your child is doing something **without you even asking**, make a big deal over it! That is the goal and shows growing maturity and responsibility! (If grandparents, a nanny, or another regular care-giver is in the home, consider getting them involved and “tuned in” to recognizing immediate obedience with this “YES Mom” star chart.)

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 something like: “*Since you are obeying me/us the first time asked most every single time and are being so responsible, we no longer need this star chart, but we are still going to do some special adventures and activities just like when we used the “YES Mom” Star Chart. Good for you! Give me a High Five!!*”

Also, if it fits your family, mention you may need **their help** in the future when their younger baby brother/sister will be two/three and together you all will do this again. 😊

Possibly print these instructions on the back of the first “YES Mom” Star Chart as a reminder to you of specific ideas of how to get this Star Chart to work effectively for you and your family.

****If this Parenting Tool does not seem to work in your family, I encourage you to come up with something that does work for you and your children without the use of candy or money. Maybe ask a ‘valued friend’ or your parents for ideas. It is very important to train a young child starting by the age of 2 and 3 to listen and obey parents the first time asked without Challenge, Excuse or Delay. Children should learn to honor and respect their parents and their parent’s loving requests. To teach and encourage them now, with consistency, will pay off as they grow into pre-teens, teens and adults. ****