



Star Kids™

Created by Barbara Rose © 1991, 1999, and 2004

I created and used Star Kids™ since 1991 to raise my own precious children with the most positive and effective method of child discipline imaginable.

The results were astounding, and their positive effects lasts to this day.

This will work wonderfully for anyone who is raising children.

Recommended for children ages 2- 12

What you need:

A piece of paper and stickers of any style (the 5 color stars sold in any market will do just fine) and a magnet to hang the paper on the kitchen refrigerator.

Here is what to do and how it works:

For every positive quality your child shows, such as: Honesty; Sharing; Caring; Helpful; Trying; Listening; Asking a question; Cooperating; Sharing their feelings; Giving; Being generous; Apologizing; Completing a task; Showing support; Showing compassion; Showing love; Effort; Being Respectful; Super Job!

And any other positive quality your child shows from the inside out:

They are rewarded with a STAR.

Place the star sticker on the paper, and **beneath the star, write down the QUALITY** they showed.

Each day, go over the list of qualities that are listed on the paper, and tell them how caring, helpful, intelligent, honest, cooperative they are! This will reinforce those qualities in them, and they will **WANT** to continue to be that way.

When they earn **ten stars**, they **MUST** receive a reward.

(The reward can be a new toy, or going to see a movie, or having a sleep over, or getting a present, or doing something that they would love to do.)

When you child does not listen or displays negative qualities:

You simply let them know that they (for example) lied, or hit their sibling, or did not listen, and you **REMOVE A STAR** from the paper. That's all you need to do!

They MUST have the opportunity to earn their star back!

Simply explain to your child in a calm tone that when they listen, or apologize, or show care, or are kind to their sibling, (or whatever the reason was that they lost their star) that they will earn their star back!

You will be quite surprised at how quickly your child will want to earn their star back. They might cry just for losing the star. **The child wants their REWARD!**
They want the present for earning TEN STARS!

It is vital that you come through and give your child a reward of any kind when they **earn ten stars**. This will continue to reinforce their positive behavior, increase their self-esteem, and teach them about consequences for positive qualities and negative qualities, which will do much to deter teen violence!

Examples for using **Star Kids™**

Your child broke something in the living room, and was scared to tell you, but they were honest and admitted it. They receive a star for being HONEST.

The greatest way to get your child to do anything they need to do:

Old Negative Way: “If you don’t put your toys away and clean your room, you’re not going to the park today.”

New Positive Way: “As soon as you put your toys away, and your room is clean, you will go to the park!”

Always phrase what you are asking of them in the POSTIVE, so they are
MOTIVATED to have or do what they want!

I have taught this method to hundreds of parents, and those who followed it have role model children today. THIS WORKS! I am sharing this for FREE with you, because it is VITAL that parents learn the most positive way to raise their children, so their children turn out to be the most positive role models who will be leading the way for us all in our near future.

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