

To begin using the STAR STASH system:

1. Introduce the STAR STASH to child and explain how it works.

2. Complete and sign STAR STASH CONTRACT.

EXAMPLES of how STARS can be earned by:

- **Completing homework**
- **Chores (cleaning room, brushing teeth, making bed)**
- **Potty training**
- **Using good manners**
- **Changing sleeping habits (i.e. sleeping in own bed)**
- **Good grades**
- **Advancement in activities (i.e. karate belt advancement, home run or goal, poetry award)**
- **Trying new foods**

EXAMPLES for what STARS can be traded for:

- **Movie rental**
- **Playdate**
- **Pizza night**
- **Trip to the zoo**
- **New book**
- **Dollar amount**

3. Discussed the SYSTEM and together read through each potential earning and redemption. Make sure that the child clearly understands how it works.

4. Sign and begin.

STARS should be given immediately after good behavior is displayed,

therefore make sure to keep the Star Stash Tote with you at all times.

When child displays good behavior, you can then allow for them to

trade stars. (EX. When shopping, if child shows good behavior during the

shopping trip, they can then redeem their stars to purchase something.

Make sure to explain the rules before you enter the store.)

STARS can be taken away for not following rules or using bad language.

REMEMBER:

Create firm respectful boundaries with TAKE-OUT-TIME-OUT in conjunction

With rewarding. The PORTABLE PARENTING mobile App works great

with the STAR STASH. It includes the STAR STASH CONTRACT and tracks

daily, weekly and monthly rewards and redemptions.

HAPPY PARENTING!