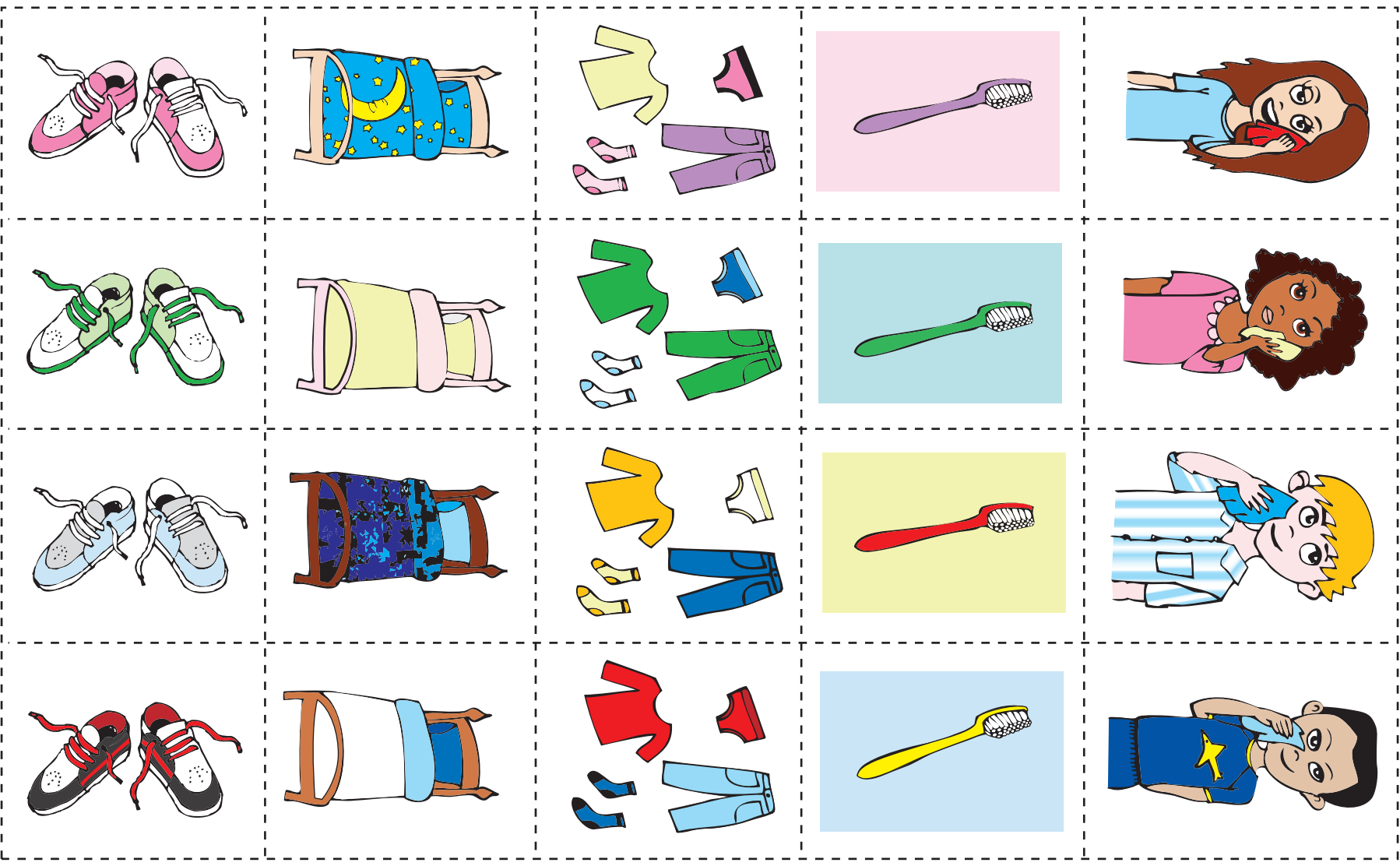


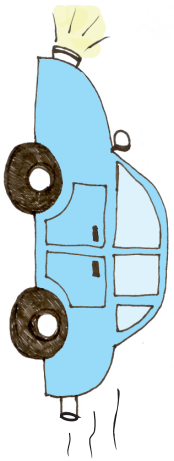
Supernanny Superstars Get Up And Go! Chart



HOW TO USE YOUR SUPERNANNY SUPERSTARS™ GET UP AND GO! CHART

1. Make a list of what needs to be done in the mornings, preparing as best you can the night before.
2. Find a quiet time to sit down with your child and explain the Get Up And Go! chart. Explain gently what she is now responsible for doing by herself in the mornings, and let her see how she can move along the chart. Just completing the chart might be enough of a reward for younger kids, but if she needs something tangible, let her chose from a list of approved options that she will be rewarded with if she keeps up good work for the whole week.
3. Make your chart realistic: with younger children, just introduce one job at a time, so at first just putting their own t-shirt on whilst you help with the socks. Older kids could do all their own jobs then score extra on their own, separate reward chart for helping their siblings. If the bathroom gets busy with three kids brushing their teeth, have one child start from one end of the chart, while the others go in the reverse direction.
Your motivation will be the key to making the reward chart a success, so make it fun: stick the chart in the hallway and stay around it so you can keep moving them along. Keep your tone light and positive when you praise and encourage them by telling them when they've reached halfway!
4. You're out the house! Plenty of praise and attention will ensure she keeps up the good work, and remember to reward your child promptly if she's been working hard on this the whole week.





GET UP AND

Name	Wash face	Brush teeth

GO! CHART



Get dressed	Make bed	Put shoes on