

Name: \_\_\_\_\_ Month: \_\_\_\_\_

## *Black Belt Parent = Black Star*

A *Black Belt* parent is an individual that goes beyond their comfort zone in order to help their child achieve their dreams in life. We introduce the *Black Star Success Program*. When a parent fulfills all four requirements during a month, their child will receive a *Black Star* during line kick and free motion week. This is how it works:

Catch my child doing something right.

Too often a parent might only give feedback or recognition to their child when they are doing something wrong. Catch your child doing something right; praise them specifically for their behavior two times per week.

Special one on one time.

Often when a parent is asked, "Do you spend special time with your child each week?" Their response normally is "I spend a lot of time with them. Special time is scheduled time where there are no interruptions allowed. It gives your child a sense of special self worth. Special one on one time a minimum of fifteen minutes per week.

Personal aerobics.

A parent's physical fitness is so important not only to their self esteem but to the way their child looks up to them as a role model. Three twenty minute sessions per week: for example, walking, running, biking, swimming etc.

One Random Act of Kindness per week to someone else other than your child.

We know that you are always doing Random Acts towards your children.

In order to qualify for *Black Star* this sheet must be mailed, faxed or placed in the Drop Box by the 15<sup>th</sup> of the month.