

Household Rules

- Have a family meeting – involve all family members in this discussion
- Establish some rules (around 5) that are important for all family members
- Give each rule a name (so that you can remind without lecturing)
- Establish consequences for breaking the rule
- Post the rules where everyone can see them
- Praise your child for following a family rule
- When the rule is broken remain calm, state the rule and the consequence.
- Follow through with the consequence.
- Praise your child for their next respectful behaviour

Examples of Rules

Name	Rule
Gentleness rule	No hitting
Indoor voice rule	No shouting
Kindness rule	No teasing
Screen time rule	Screen time limit 2 hours
Bedtime rule	Bedtime is at 8pm
Seatbelt rule	Seatbelts must always been worn in the car
Helmet rule	Helmets must be worn when riding bikes
Dinner time rule	Dinner time is at 6pm
Home time rule	Latest time you come home is 9pm
Mobile phone rule	Keep your phone with you on loud and fully charged when you go out
Property rule	Ask before you borrow something belonging to others
Privacy rule	Knock before you enter a bedroom

It is interesting to see what rules and consequences children suggest – they can be harder on themselves than we think! Make realistic and reasonable rules and review them every so often as some rules may not be necessary once they become habits.

Consequences

- Make consequences age appropriate
- Be sure you can live with the consequences you set up
- Make consequences immediate
- Use consequences that are short and to the point
- Make them logical and fair

Writing the rules as a family gives everyone a voice but ultimately the parents are in charge and have the final say. It is good to be prepared before the meeting and have some rules in your mind – talk this through with your partner or someone who helps you with your children regularly. A united approach stops children playing one parent off against the other.

Please note that all members of the family are accountable – they are family rules that apply to everyone, even you.