

Ground / Family Rules

Ask your child for ideas of what the family rules should be. They are much more likely to stick to them if they contributed to them. Pick a time to discuss the rules when the child is calm, not hungry and not busy wanting to do something else.

You could ask the child to write up the rules and decorate them.

Rules should be

Stated in the positive, where possible e.g. "Use a quiet, calm voice" rather than "Don't shout"

- Few - 3 or 4 is enough at a time. You can always change them when they are regularly being followed.
- Fair - think if it is reasonable to expect a child of that age to follow that rule think if all family members should follow the rule
- Easy to follow - make the rule short but clear so the child can understand it. Ask the child to repeat the rules back to you, so you know they understand.
- Enforceable



1234



Ground / Family Rules

Ask your child for ideas of what the family rules should be. They are much more likely to stick to them if they contributed to them. Pick a time to discuss the rules when the child is calm, not hungry and not busy wanting to do something else.

You could ask the child to write up the rules and decorate them.

Rules should be

Stated in the positive, where possible e.g. "Use a quiet, calm voice" rather than "Don't shout"

- Few - 3 or 4 is enough at a time. You can always change them when they are regularly being followed.
- Fair - think if it is reasonable to expect a child of that age to follow that rule think if all family members should follow the rule
- Easy to follow - make the rule short but clear so the child can understand it. Ask the child to repeat the rules back to you, so you know they understand.
- Enforceable



1234

