

Guidelines for Setting Rules that Work



1. Decide upon a few important rules.
2. Discuss the rationale for these rules with your children.
3. Discuss with your children the limits of the rules, reasonable rewards for following them, and fair consequences for breaking them.
4. Praise your children when they follow the rules.
5. Consistently, assertively, and calmly follow through with the consequences when the rules are broken.
6. Change the rules and expectations as your children grow up.

Instructions: Decide with your family on four important home rules. Discuss positive consequences for following the rules and negative consequences for breaking the rules. Write down what you decide.

Rule #1:

Positive Consequence:

Negative Consequence:

Rule #3:

Positive Consequence:

Negative Consequence:

Rule #2:

Positive Consequence:

Negative Consequence:

Rule #4:

Positive Consequence:

Negative Consequence:
