



Household Rules

Some Examples:

1. Bedtime is at 8:00 p.m.
2. No hitting allowed.
3. A seat belt must always be worn in the car.
4. Bicycle helmet must be worn when riding bike.
5. One hour of TV or computer per day.

Your List of Household Rules:

- 1.
- 2.
- 3.
- 4.
- 5.

Every home needs a limited number of “house rules.”

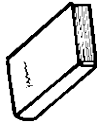
If the list gets too long, no one will remember the rules.

Cleaning My Room

Put dirty clothes in the laundry basket.



Put books on the shelf.



Put games in the cupboard.



Make the bed.



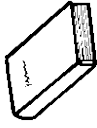
Routine Chart

Cleaning My Room

Put dirty clothes in the laundry basket.



Put books on the shelf.



Put games in the cupboard.



Make the bed.

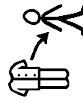


Routine Chart

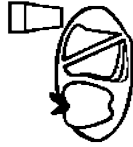
Bedtime Routine



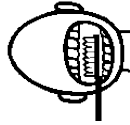
Put toys away.



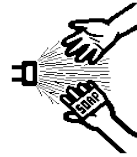
Put PJ's on.



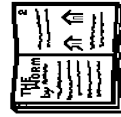
Snack.



Brush teeth.



Wash hands and face.



Story!!!



Staying in bed.

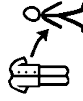
Bedtime is at _____ p.m.

Routine Chart

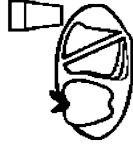
Bedtime Routine



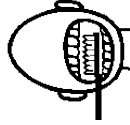
Put toys away.



Put PJ's on.



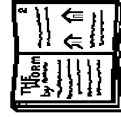
Snack.



Brush teeth.



Wash hands and face.



Story!!!



Staying in bed.

Bedtime is at _____ p.m.

Routine Chart

REFRIGERATOR NOTES

EFFECTIVE LIMIT SETTING



- Don't give unnecessary commands.
- Get physically close with eye contact, get your child's attention, and give one command at a time.
- Be realistic in your expectations and use age-appropriate commands.
- Use commands that clearly detail behaviors required.
- Use "do" commands instead of what not to do.
- Use your child's name.
- Make commands positive, polite, and respectful. Use the word "please."
- Don't use "stop" commands.
- Make a statement—don't ask.
- Give children ample opportunity to comply (ten seconds).
- Give warnings and helpful reminders.
- Don't threaten children.
- Use "when-then" commands.
- Give children options whenever possible.
- Make commands short and to the point.
- Support your partner's commands.
- Praise compliance or provide consequences for noncompliance.
- Strike a balance between parent and child control.
- Encourage problem solving with children.
- Make commands positive and respectful or children will learn to ignore you



Clear Commands/Requests-Start With Please...

"Walk slowly."

"Keep your hands to yourself."

"Talk softly."

"Play quietly."

"Come home."

"Color it black."

"Please put the clothes away."

"Please go to bed."

"Keep your hands to your own body."

"Keep the paint on the paper."

"Wash your hands."

"Set the table."

"Make your bed."

Unclear, Vague, or Negative Commands/Requests

"Let's put away the toys."

"Why don't we go to bed now?"

"Don't yell."

"Shut up."

"Stop running."

"Wouldn't it be nice to go to bed now?"

"Hand me the bread, will you?"

"Be nice, be good, be careful!"

"Watch it."

"Let's don't do that anymore."