

Making Rules

Worksheet

Think about a problem you are having with your child and write it below:

Now write a rule for this problem:

Next, check your rule with these questions:

1. Do you really need this rule? Do you have a good reason for it?
2. Is the rule short and simple?
3. Did you leave the child out of the rule?
4. Is the rule positive?

The next time your child misbehaves, tell them the rule. Afterwards, answer these questions:

1. Did you say the rule in a firm and calm voice?
2. Did your child obey the rule?
3. If "yes," did you encourage them? How?
4. If "no," did you do what you said you would do if they broke the rule?
5. Then what happened?