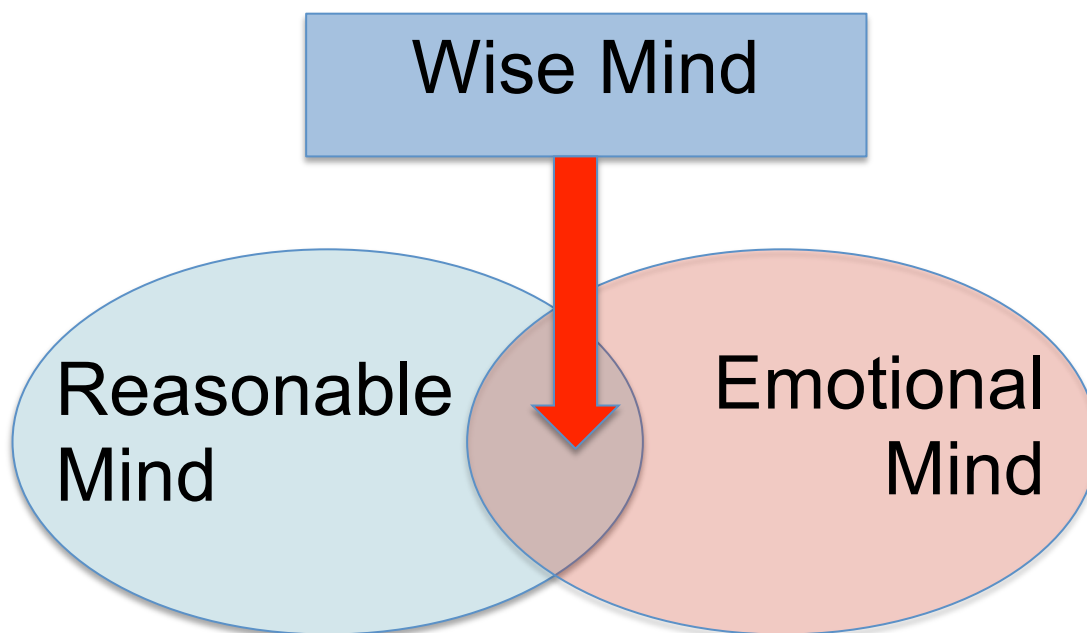




Family Rules and Routines:

- Post rules and routine where everyone can see them
- Rules and routines should be clear, age appropriate and specific
- Be consistent. Everyone **STICKS TO THE RULES AND ROUTINES**
- The rules and routine are few, fair and easy to follow
- State rules and routine positively (ie. 'walk in the house' versus 'no running in the house')
- Get the whole family involved! Have children help decide on rules, routines, rewards and consequences....as well as picking chores. BUT remember, parents have the final word!
- Rewards and consequences should be discussed ahead of time and spelled out very specifically
- Rules and routine lead to things flowing smoothly, as well as creating a safe container for everyone
- Remember....developmentally, our children are driven by their emotional mind. As parents, we strive to be driven by our wise mind



- 1) Stop – do not react....drop into the pause and breathe
- 2) Pay attention → purposely and without judgment
- 3) Respond Effectively and with intent

RULES and ROUTINES

of our family

- 1) **Respect one another & respect one another's things**
 - Everyone follows the rules
 - Things that belong to others are off limits unless you've asked permission
 - Use kind words
 - Be honest \leftrightarrow Be forgiving
 - Clean up after yourself AND complete chores
 - Lend a hand
 - Laugh a lot!

- 2) **Follow routines**
 - 1st time listening *listen \rightarrow do*
 - 1 ask *ask \rightarrow no talking, no emotion*

- 3) **Emotional Regulation**
 - Take care of yourself/take care of each other
 - Practice patience
 - Double Stuffed Oreo
 - Non Violent Communication \rightarrow use "I" statements
For example....I feel _____ when you _____ because _____

- 4) **Time together/Time alone**
 - Weekly scheduled family time (game, walk, movie, mindfulness, etc)
 - Weekly scheduled Partner time
 - Weekly scheduled child/partner time
 - Weekly scheduled child/other partner time



RULES and ROUTINES

of our family



Rewards

- 1) At the end of each day, ONE marble is put into the jar **PER CHILD** that followed Family Rules and Family Routine
- 2) When jar is filled, each child chooses one of the following rewards:

For ex....Going to see a movie, Their choice of an outing or family game, etc

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CONSEQUENCES

- 1) Direction given but child not following first time listening (a family rule) → Count 1, 2, 3....Take 5
- 2) No talking, No emotion
- 3) If you have to count (whether to 1 or 2 or 3) and child

Follows Directions

- 1) Praise
- 2) Take 5 if count to 3
- 3) No piece of glass at end of day

Doesn't Follow Directions

- 1) No piece of glass at end of day
- 2) Consequence
For ex.....Lose screen time for 24 hours



Daily Routine

| | |
|-----------|----------|
| Child → | |
| Morning | |
| Time | Activity |
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| | |
| Afternoon | |
| Time | Activity |
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|-----------|----------|
| Child → | |
| Morning | |
| Time | Activity |
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| Afternoon | |
| Time | Activity |
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Ideas for Activities:

Can be cut and glued into Daily Routine

Morning

Wake up

Shower/Wash up

Brush teeth

Get dressed

Clean up my stuff

Breakfast

Out the door

Chores

Afternoon

15 minutes free time

Snack

Homework

Prepare for next day

Dinner

Shower/Wash face

Brush teeth

Free time

In bed relaxing

Lights out

Chores



Weekly Chores for our family

| Child → | Day | Time of Day | Chore |
|-------------|-----|-------------|-------|
| Weekly | | | |
| Once a week | | | |
| | | | |
| | | | |

| Child → | Day | Time of Day | Chore |
|-------------|-----|-------------|-------|
| Weekly | | | |
| Once a week | | | |
| | | | |
| | | | |

| Child → | Day | Time of Day | Chore |
|-------------|-----|-------------|-------|
| Weekly | | | |
| Once a week | | | |
| | | | |
| | | | |

Ideas for Chores:

Can be copied (one per child) cut and glued into Weekly Chores

| | | |
|-----------|--------------------------|---|
| Monday | Morning (before noon) | Clean up after myself |
| Tuesday | Afternoon (12pm-4pm) | Wash dishes |
| Wednesday | Evening (4pm-8pm) | Tend to pets (water, feed, clean) |
| Thursday | Morning (before noon) | Clean inside of the car |
| Friday | Afternoon (12pm-4pm) | Tidy up living room |
| Saturday | Evening (4pm-8pm) | Take out the garbage |
| Sunday | | Unload washing machine/put stuff in dryer |
| | | Unload dryer/fold laundry |
| | | |
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| | | |