

Things to Try at Home!

Teaching Household Rules

This was sent home to parents so that they could develop rules at home. It is available on your CD for you to use.

Guidelines for Teaching Household Rules

1. Make a rules chart (pictures might be helpful) with your child.
2. Discuss and demonstrate the rules until you are sure that your child understands the rules.
3. Review the rules every day! You can even make up songs about the rules!
4. Remind your child of the rules before challenging behavior can occur.
5. Encourage your child for following the rules.

* Don't worry about how to respond if your child does not follow the rules. At this point, we just want to focus on **teaching** your child the rules and expectations!

How to Teach Rules:

- **Step by Step** –focus on teaching your child the new skills and expectations
 - Children will need to have tasks broken down for them. Often we have to help them learn how to do the skill before we can expect them to do it independently. That might involve showing them how, doing part of a task and having them finish it, or asking them to only do one part of the task.
- **Review, Review, Review!** –review the new rules many, many times!
 - It may take repeated review of the new information before your child really understands it. If you show your child the rules chart only 1 time and then forget to review it again, and again, and again, he/she is going to forget what is on it.
- **Practice, Practice, Practice** –give your child many opportunities to follow the rules
 - Children need lots of practice to learn new skills.
- **Support, Not Criticism** –while your child is practicing the rule, help him/her or tell him/her how great it is that he/she is trying
 - When we learn something new, we need people to encourage us and cheer us on.
- **Celebrate Your Success!**
 - Give your child encouragement. Let your child know how proud you are!

Making Your Rules Chart

Write 3-5 household rules. Remember the “rules” for rules:

- Set no more than 5 rules.
- State rules as “do’s” (not “don’t’s”) – tell your children what you want them “to do.”
- Pick rules that apply to many situations.

