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TALKING ABOUT RULES



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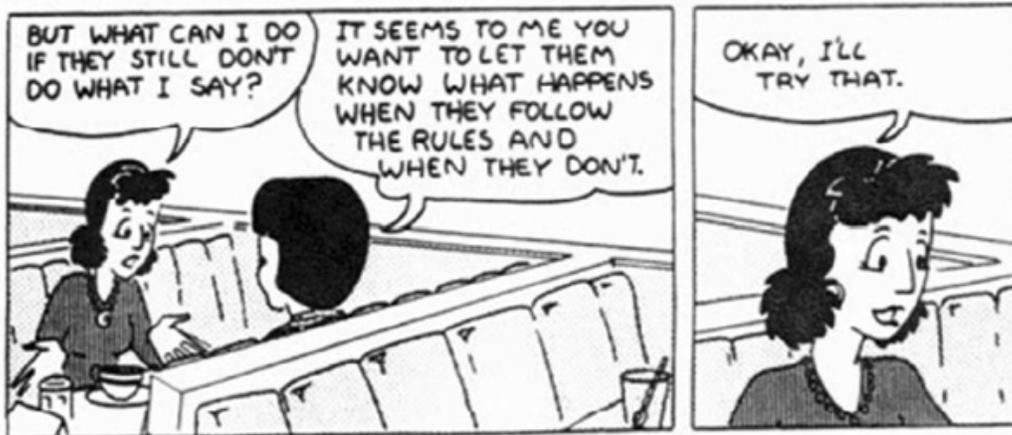


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Talking About Rules

- Parents sometimes are not clear about what they expect of their children.
- To help children learn about rules the following steps may be helpful:

1. *Identify what is expected.*
2. *Tell the children what is expected as a rule.*
3. *Say the rule in a positive way.*
4. *Give the children examples of the rule.*

5. *Help the children practice the behavior.*
6. *Explain what will happen if the children follow the rule and what will happen if the children do not follow the rule.*
7. *If children do not follow the rule, remind them of the rule and do what you told them you would.*

- Have a few good rules.

Choose to have rules about those things that are most important to you. If you have lots of rules, children won't be able to remember them. Choose a few good rules, and then enforce them.

Have a good month!

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