



## Create Family Rules

### 1. Call a family meeting to create family rules.

- Set a time when all family members can meet.
- Invite everyone to attend.
- Carry on even if some members choose not to come.

### 2. Discuss the current family rules.

- Ask your children to identify the current rules.
- Ask: Do these rules seem useful and do-able for everyone?
- Ask: Are there any rules that we should drop?
- Ask: Are there any rules that we should add?
- Add any other rules that you as a parent believe are important.



### 3. Try to state rules in the positive. Use “do” more than “don’t” as much as possible.

### 4. Discuss ways to help everyone remember and follow the rules.

- Use positive discipline and praise that works to encourage children to follow the rules. **Focus on progress, not perfection.**
- Plan to follow through on reminders or consequences.
- Agree that parents will also follow the rules.

### 5. Create a poster together, or ask one member of the family to do so. Put the poster in a common area.

### 6. Thank your family for working on this task.

- Do something fun at the end of the meeting.

### 7. On a regular basis (maybe once a month) meet to review how the rules are working.

- Celebrate progress and cooperation.
- Brainstorm solutions to tackle any problems.
- Always end the meetings on a positive note and with a fun activity.

