



Setting up House Rules

Some behaviors are hard to control or impossible to ignore

- Aggressive behaviors- hitting, kicking
- Destructive behaviors- throwing or breaking toys
- Behaviors that are always unacceptable- cursing, sassing
- Naughty behavior that you don't find out about right away- scribbling on a sister's homework

To help manage these behaviors, you can use HOUSE RULES

- House Rules are always in effect, like laws
- A child breaking a House Rule goes straight to Time Out, or receives an immediate consequence
- At the end of the Time Out or consequence, the child may go back to normal activities

What to do...

- Decide on one behavior you want to stop.
- Explain HOUSE RULES to the child ahead of time
- You may need to LABEL the behavior for a few days first, if the child doesn't seem to understand

Let's pick "hitting others"

Tell the child: "We have a rule about hitting in our house. If you hit someone, you will have to go to time out."

That's a gentle touch! You don't have to go to time out when you use a gentle touch.

