

LEARNING TO MANAGE BEHAVIOUR

Knowing the Rules

Family rules are important. If everyone knows what the rules are, there are no surprises, and you can stay consistent in your parenting. Children can start to understand rules at quite an early age, but you will need to keep reminding them of the rules until they are older (8 - 10 years of age). So, it's a good idea to write down your family rules down and keep them somewhere you can see them.

Your family rules should be about things you value. Often, they are about:

Safety - making sure people don't get hurt.

Being kind and respecting each other.

Respecting the physical environment (not breaking things or making a mess).

Routines - like eating at the table for mealtimes, and bedtimes (teeth, toilet, getting into pyjamas, Storytime).