

## RULES...

**Help Keep Children Safe-** The first rules children learn are “hot” and “ow”.

**Help Prepare Children For Life Beyond Family-** Bad choices have consequences- Many teenagers and adults find this out the hard way because they had no rules and consequences as a child. They may have even been taught that violence solves problems or not taught to restrain their actions.

**Help Children Learn Social Skills-**

- If polite words are expected at home (like please, thank you, excuse me, I’m sorry), your child is more likely to be pleasant and polite in public.
- If no hurting is expected within the family (with words or actions), your child is more likely not to hurt people outside of the family. Everyone makes mistakes and says inappropriate things but a child must be taught that this is not what is expected and “I’m Sorry” is needed. If hurtful things are said or done regularly seek help for yourself and/or your child.
- If EVERYONE in the family is expected to be kind and do kind things for others, your child is more likely to be kind and do kind things for others as they grow up.
- Remember role modeling is the best teacher. Children do what you do more often than what you say.
- If your child learns these social skills they learn to attract people rather than repel them.

**Give Children Expectations and Reassurance-** Even adults like to know what to expect. When rules are consistent children know they can count on guidance for their behavior.

**Boost Confidence-** As a child gets older boundaries expand little by little and the child feels more responsible and confident.

### 4 TOP PRIORITY RULES

**Be Safe-** This covers anything that keeps your child safe- wear seat belts, hold hands while crossing the street, running with food in their mouth, etc...

**Be Kind and Loving-** Hurting anyone with words, actions or gestures breaks this rule. (Including backtalk, swearing, name calling, hitting, biting, ignoring others, etc...) Being kind to others and doing kind things would be following this rule.

**Respect People and Property-** Take care of your things and things that belong to others. (Paint in certain areas, write and draw only on paper, don’t throw things (except balls) so you don’t break things or hurt someone, etc...

**Be Neat and Considerate-** If you use it put it away. Even 2 and 3 year olds need to help clean up. If you mess it up, clean it up! (This includes individuals and companies, inside and in our environment.)

**In the end- learning to follow rules helps life run smoother and should enable a child to have a happier life.**

What Good Are Rules Anyway? What Good Are Rules Anyway? What Good Are Rules Anyway? What Good Are Rules Anyway?

