

TIP SHEET: Creating House Rules

Why use house rules?

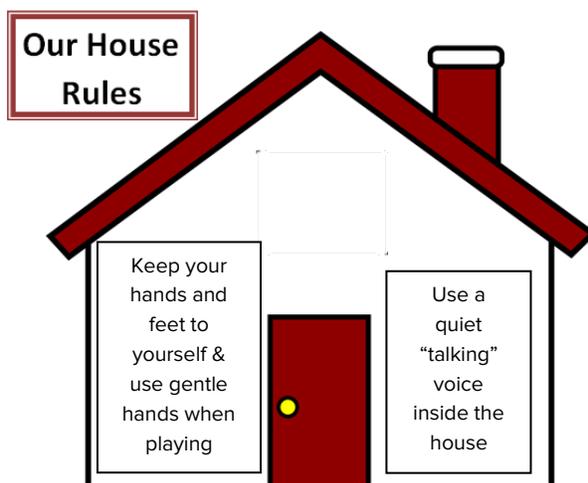
- Help provide structure and routine by showing what is expected in a visual way
- Help your child understand what is appropriate in different environments (i.e. in the house we use an indoor voice, in the backyard we can talk loudly.)
- Promote consistency because all family members agree to follow the rules
- Can be a reminder for parents to model the behaviour they want to see their children do (i.e. put dishes in the sink after dinner)

When and how to use house rules:

- They should be used consistently (i.e. daily) and followed by everyone in the home
- Parents and older siblings should model the correct behaviour as much as possible
- Provide descriptive praise when you catch your child following a rule
- Provide a reward each day or weekly if the rules are followed by all members in the house
- Redirect your child to the visual rules if they are not following a rule

How to create house rules

- Meet as a family and discuss house rules
- Write down house rules and post it in a central location (i.e. on the refrigerator)
- Limit your list to 3-5 rules
- Your rules should say what you want your child to do rather than things you don't want them to do (i.e. 'hands to yourself' instead of "don't hit")
- Practice/roleplay what the rules look like
- Make it age appropriate – use pictures for younger children, use written words for children who can read



For more information or to speak to one of Bethesda's Service Coordinators, please call 905.684.6918 ext. 170 or email serviceinfo@bethesdaservices.com

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