

DID YOU KNOW?



**Did you know that setting clear, consistent rules and limits is one of the best ways to help your child behave well?**

Teaching your child how to behave can be a little easier if they know what to expect and how you want them to act.

**Make clear rules and stick to them.**

YOU HAVE A BIG INFLUENCE ON SETTING YOUR CHILD ON THE PATH TO GOOD BEHAVIOR. SETTING CLEAR AND CONSISTENT RULES HELPS DO THAT! IF THEY KNOW WHAT TO EXPECT, YOUR CHILD WILL SHOW GOOD BEHAVIOR MORE OFTEN.

As your child's first teacher, they look to you to learn good behavior. Setting rules helps them learn how to behave well at home, in school, and in public—and keeps them safe.

Three things to remember when setting rules for your children are:

### 1. SET RULES YOUR CHILD CAN UNDERSTAND.

- Be specific. Instead of saying, “be good” you can say “keep your hands and feet to yourself” or “no hitting and kicking.” Do not make too many new rules so that your child can remember them. And update the rules as your child grows.



### 2. BE CLEAR ABOUT THE BEHAVIOR YOU WANT TO SEE.

- Make a short and clear list of rules like, “always say please and thank you” or “bedtime is at 8:30 pm” or “turn off electronics at 9 pm.”

Post the list where everyone can see it, so you can point to the list to remind your child if they forget.

### 3. BE CONSISTENT IN CARRYING OUT THE RULES.

- If your rule is “no dessert until after dinner,” make sure everyone in your home follows the rule.

Other caregivers in the home need to use the same rules, too, so your children know what to expect. You can say, “Remember, we don't hit others or throw things when we are mad. Grandma just told you that, too.”



## HOUSE RULES

1. ALWAYS SAY “PLEASE AND THANK YOU”
2. NO DESSERT UNTIL AFTER DINNER
3. TURN OFF ELECTRONICS AT 7:30 PM
4. BEDTIME IS AT 8:30 PM
5. NO HITTING OTHERS OR THROWING THINGS WHEN WE ARE MAD
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