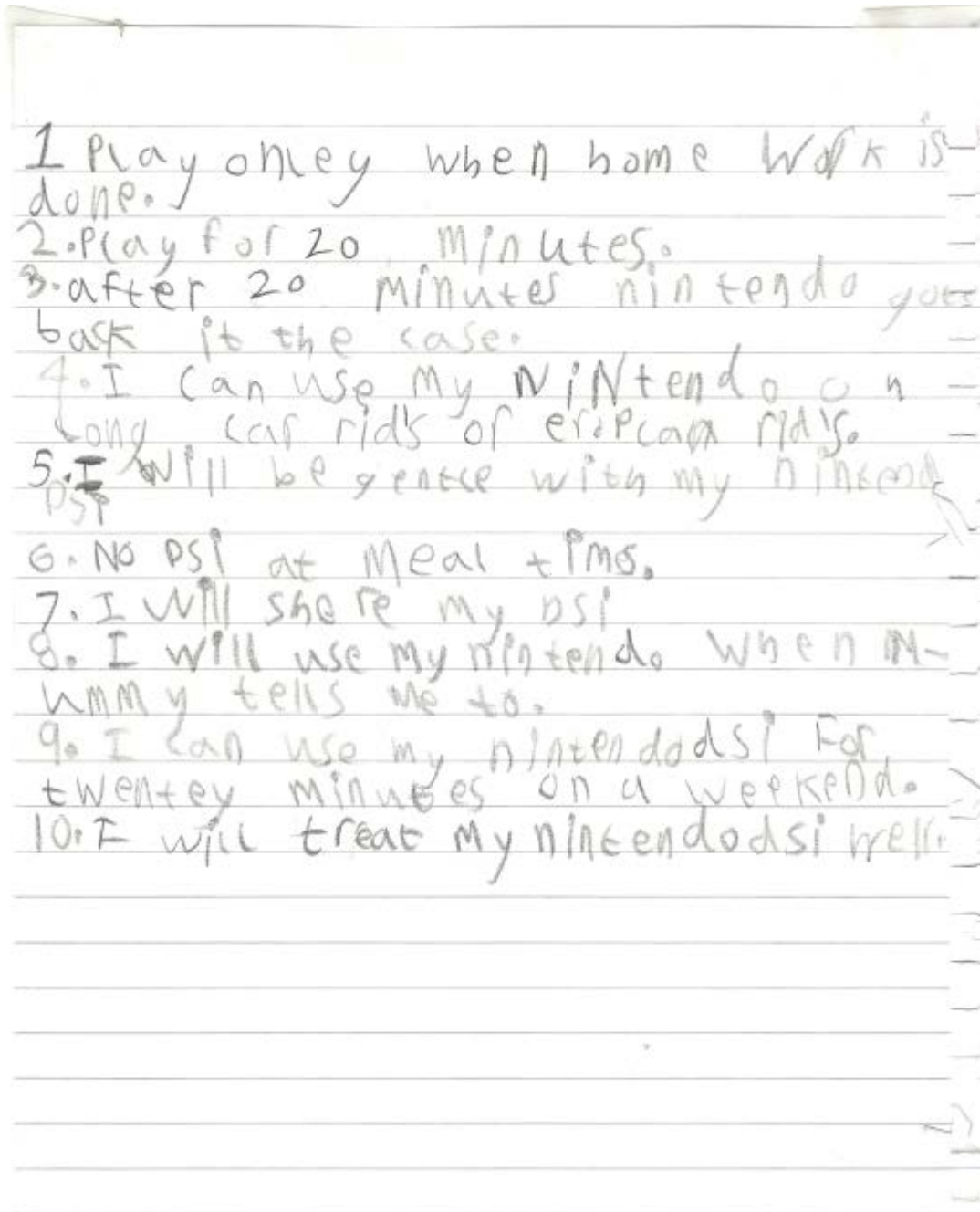


Examples of rules devised by our clients

1. Rules for use of electronic devices prepared by child (preferred model)



2. Prepared by parent. (Waking with a smile might be a tall order some days!)

Morning Routine

1. Wake with a smile.



2. Eat breakfast.



3. Brush teeth.



4. Get dressed to your shoes.



5. Brush and style your hair.



6. Line your things up.



3. (Prepared by parents after discussion with children)

Our Family Rules

<u>THE RULE</u>	<u>REWARDS & CONSEQUENCES</u>
<p>1. <u>GETTING READY FOR THE DAY</u></p> <ul style="list-style-type: none"> • We stay in bed until at least 6.30am • We stay in our bedrooms quietly until 7am • We make our bed and turn out the light • On school days we have breakfast by 7.45am and leave the house by 8.15am • We do our teeth after breakfast • We put sun-cream on if it is a sunny day • We take responsibility for remembering our book bags and homework. 	<p>REWARDS: Playtime before school</p> <p>CONSEQUENCES: No playtime, and being late for school!</p>
<p>2. <u>COMING HOME FROM SCHOOL</u></p> <ul style="list-style-type: none"> • We put our shoes and coats neatly in the cupboard 	<p>REWARDS: A snack</p> <p>CONSEQUENCES: No snack until it is done</p>
<p>3. <u>MEALTIMES & TABLE MANNERS</u></p> <ul style="list-style-type: none"> • We wash our hands before we eat if we have been playing in the garden • We come to the table when mummy calls us • We remember to leave toys behind at the table • We use our knife and fork (or spoon) • We sit on our bottoms at the table • We try new things • We eat fruit and or vegetables with every meal • We remember to say please and thank you • When we have finished we ask to leave the table 	<p>REWARDS: Trying and eating a new thing will earn a pudding of your choice. If you don't actually like it, you can have fruit instead.</p> <p>An empty plate earns a pudding...3 empty plates means a pudding AND Mummy doing a happy dance round the kitchen!</p>
<p>4. <u>DOING OUR HOMEWORK</u></p> <ul style="list-style-type: none"> • We take responsibility for knowing what our homework is. • We do our homework when Mummy & Daddy asks us to – usually Sunday • We concentrate and listen • We take care and pride in our work • We 'have a go' even when it is tricky 	<p>REWARDS: A chocolate treat for good work</p>
<p>5. <u>GOOD TOILET HABITS</u></p> <ul style="list-style-type: none"> • We always go as soon as we need to (and don't try to hold on!) • We always go when we get up, and just before bed. • We put the seat up when going to wee, and wipe 	<p>CONSEQUENCES: If we forget our last wee, we might wet the bed.</p> <p>If we forget to wash our hands, the germs might give us tummy</p>

<ul style="list-style-type: none"> up any drips We remember to flush the chain! We wash our hands with soap. 	ache.
<p>6. <u>KEEPING THINGS TIDY</u></p> <ul style="list-style-type: none"> We respect our toys and do not throw them or tread on them We <u>all</u> tidy up the toy room at the end of each day We put rubbish in the bin 	REWARDS: Tidy bedroom on Saturday earns pocket money.
<p>7. <u>RESPECTING OUR HOME</u></p> <ul style="list-style-type: none"> We keep playing football for outdoors We turn off our bedroom lights when we come downstairs / turn off the TV when we have finished. We take our shoes off before going upstairs to protect the carpet. 	
<p>8. <u>RESPECTING EACH OTHER</u></p> <ul style="list-style-type: none"> We take care of each other if one of us is hurt or upset We take it in turns We include anyone who wants to play. We try to find solutions when we disagree. We understand that hitting is wrong 	REWARDS: Pasta in the "good brothers jar" .. for a reward.
<p>9. <u>RESPECTING MUMMY & DADDY</u></p> <ul style="list-style-type: none"> We talk respectfully, even when we disagree We only ask Mummy and Daddy to do things for us that we find tricky to do for ourselves. 	
<p>10 <u>BEING A GOOD SPORT</u></p> <ul style="list-style-type: none"> We accept 'referee' decisions even when we think they are wrong We listen and try to improve our skills We celebrate good teamwork and skill and not just winning. We always shake hands at the end of a match 	CONSEQUENCE: Bad sports will get a 'yellow card' then 'red card'.
<p>11 <u>HAPPY BEDTIME</u></p> <ul style="list-style-type: none"> We put dirty clothes in the washing basket We respect 1 on 1 reading time with mummy for each of us. We take responsibility for doing a last wee and brushing our teeth. On school days we are in our rooms by 7.30pm.. lights out at 8pm. 	<p>REWARD: When we follow the rules, we get 30 mins to read or play.</p> <p>CONSEQUENCE: Lights out at 7.30pm.</p>

Signed Mummy & Daddy _____

Child 1 _____

Child 2 _____