



# Establishing Family Rules and Decisions Together



To grow up well, your child needs clear boundaries and expectations for their behaviours. You play a big role in setting these boundaries and expectations for your child.

Family rules reflect the expectations within a family for how each family member should behave, look after one another and treat each other. **Creating family rules is a two-way discussion between you and your child.**

## ✓ Things You Can Do

- 1 Set rules for younger children, but give older children more flexibility and autonomy.
- 2 Review and adjust these rules as your child matures and is able to take on more responsibilities.

## 🔗 Tips

- 1 Keep family rules to a minimum, and only when necessary.
- 2 Help your child understand the rationale behind these rules.
- 3 Involve all family members, including your child, when setting family rules. If they contribute to the rules, they are more likely to accept it.
- 4 Keep the rules simple by setting clear expectations and consequences. Rules should tell family members what to do, rather than what not to do.
- 5 Be fair and consistent when upholding family rules.

## 🗣️ Sample Conversations



1 I would like to set some family rules about using our devices while at home. 2 I feel this is important to help us spend more quality time with each other. 3 Any ideas for how we can achieve this?

Maybe we can set aside some time when none of us can use phones?



4 That sounds like a good idea. How about we do that during mealtimes? We will give our full attention when we talk to each other. 5 Your mother and I will follow this rule as well. 3 If anyone breaks this rule, what do you think the consequence should be?

