

Developing Family Rules

If your rules aren't clear, your children may be living by one set of rules while you live by another.

Making your own family rules:

- Think of what rules you want and why.
- Decide on rules for your family.
- Include positive and negative consequences.
- Review when necessary.

Exercise #5.3

In the space below, write some of the rules that are already used by your family.

1. _____
2. _____
3. _____
4. _____
5. _____

Are there any rules you feel your family needs but doesn't already have? Write these below, and consider discussing them at your next Family Meeting.

1. _____
2. _____
3. _____
4. _____
5. _____