



Child Care Resources Inc.

## tip sheet

Ideas and information about child development and early education for parents, professionals and the community-at-large.

# #508

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## child care search

Resource & referral service

Mecklenburg County ..... (704) 348-2181  
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# Developing Family Rules and Routines That Work

Rules and routines are a healthy part of family life that make busy lives easier. Working together, you can create rules which make life run more smoothly. Here's how:

- Limit the number of rules. It is easier to stick consistently to a few rules. Make the rules primarily those which involve health, safety, and your sanity.
- Involve children in rule making and be clear about what happens when rules are broken. No one can follow rules they don't know, or can't understand.
- Help children develop a routine and learn the importance of planning ahead by asking them to lay out clothes for the next day the night before, or helping them set out breakfast dishes before bedtime.
- Plan ahead. For older children, minimize last minute surprises by instituting the "Thursday night rule" (children who want you to drive them somewhere on the weekend need to make plans with friends by Thursday night). Be prepared to be a little flexible.
- Discuss family responsibilities and expect children to help with chores they can manage. Let your children know that everyone in the family helps keep the household in working order.
- Use simple charts and lists to help children see what needs to be done, and reinforce the importance of everyone doing his/her fair share.

*The key to developing family rules and routines that work is to let family members know how much their cooperation and support are valued.*

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