

## Family Rules

(Part 1)



Some people are uncomfortable with the idea of rules. You can replace the word rules with guidelines, agreement, contract or code – whatever suits you. The point is that children need to know what we expect, to know where the boundaries are and to respect them, at least most of the time. To help them, keeping to the rules is rewarded, and breaking the rules is penalised.

### Have a think



- How do you feel and how do you think others in the family are feeling?
- What's happening that causes friction, anger, nagging – things you might like to handle differently or change for the better?
- What rules are there already in the family and how well do they work?
- How do we want to feel at home?