

## Family Rules

(Part 2)

Having thought about how we'd like to feel, and what sort of things make a difficult for us to enjoy these good feelings, we need to help everyone in the family behave in ways that allow us to feel at ease.

### Dos and Don'ts

We give each rule in two ways: as a **DO** and as a **DON'T**. When we want someone to do something, it often seems easier to tell them not to do something that we don't like, rather than thinking of what we do like and asking them to do it.

If we say "Don't drop it" the child's brain has to work out the meaning of what we say before deciding what needs to be done instead.



### Here are some examples of DOs and DON'T



Dos

Do listen when someone is talking to you

Do put your things away when you come in

Do be gentle with each other

Do ask before borrowing something



DON'Ts

Don't ignore or interrupt a person talking to you

Don't leave your things lying around

Don't hurt, hit or bite each other

Don't take anyone else's things without asking