



How to Create Rules:

Identify 3-5 rules that are important for your family.

Write down the rules as “do’s” (instead of “don’ts”).

Pick rules that apply to situations where your child needs reminders.

Pick rules that your child can learn to do (e.g., appropriate for your child’s age and abilities).

Make a rules chart. Add a picture that shows your child following the rule. Have your child help or watch you make the chart.

How to Teach Rules:

Show and tell – focus on teaching your child the rules.

- Find a time when your child is not distracted to show your child the rules and talk about using them.
- Your introduction to the rules should be for teaching your child in an interesting and fun way, not scolding your child for the times they have violated the rules.
- Show your child what it looks like to follow the rule. You might need to break it down into smaller steps.
- Discuss the rule and demonstrate. Take turns with your child showing what it looks like to follow the rule and not follow the rule. Do this to teach the rule and have fun with the demonstrations.
- Make a scripted story about the rules and use it to review the rules.
- After learning the rules, play a game to see if your child can remember the rules. Give a big hug or high five after they recite the rules to you.
- Remember that your child is learning the rules. It will take time and practice before they can follow them.



Practice makes perfect – review and practice the new rules many times.

- Review the rule chart before the activity where the rule is needed and several other times a day.
- If you are feeling creative, you can use a puppet, stuffed animals, a song, or movements to review the rules with your child.
- Create scenarios for your child to practice or problem-solve and understand the importance of the rule.

You got it! – celebrate your child’s effort and success.

- Praise and encourage your child for learning and following the rules.

Our Rules



Put a Picture Here

1. _____

Put a Picture Here

2. _____

Put a Picture Here

3. _____

Put a Picture Here

4. _____

Put a Picture Here

5. _____
