Parental Guidance

To formalize family rules:

1. Discuss your priorities and values to be respected at home with your spouse.
2. Choose one or two rules to put forward based on your priorities.
3. Complete the table below, involving all family members (if they are old enough to participate) in order to share their ideas.

|  |  |  |  |
| --- | --- | --- | --- |
| **Rules** | **Expected behaviours** | **Reinforcement if the rule is followed** | **Consequence if the rule is not followed** |
| 1 |  |  |  |
| 2 |  |  |  |

**IMPORTANT**: What means am I giving myself to **remain consistent** in enforcing the rules? “How will I manage to complete my interventions with my heavy schedule.” For example:

* Schedule a time in the week to discuss the family’s progress.
* Post the week’s successes in meeting the targeted rules.
* Visibly display the table in the home.
* Add images to personalize your table.
* Seek support from your spouse to follow through with your intervention if you find it challenging.
* Take the time to reflect on the intervention required when a rule is broken. (An emotional intervention is often less effective. Take the time to calm down before taking action.)
* Other means:

I KEEP TIME FOR MYSELF.

I SET MY AGENDA TO PURSUE THE PARENTING PATHWAY!