

Family Rules Template

1. Morning Schedule:

- Rise & shine at _____ (In plenty of time to arrive at school in a timely manner.)
- Morning Responsibilities:

(In the Winterton home our children were expected to: a) straighten their own bedroom + one other room, b) prepare and eat breakfast, c) get themselves dressed, groomed AND d) make sure they had what they needed for the day BEFORE they left for school or played.)

2. Time Responsibilities:

- Family dinner time at _____
- Curfew at _____
- In your room for the evening by _____
- Personal Homework / Piano / Sports practice begun no later than _____

3. "If you live here... You work here!" Winterton family **monthly work chores** were:

- Deep cleaning of bedroom, bedroom closet & dresser drawers put in order
- Under the bed cleaning done
- Room dusted and vacuumed
- An additional 1 hour a week of various home project work as assigned by Mom & Dad

4. Maximum TV/video game hours per day = _____

5. Check in when away from home on a regular basis

6. Respect will be shown at all times! *"When it becomes arguing, the discussion is over!"*

A few last tips:

- Create the rules together. Kids who are partnered in drafting rules are more likely to follow them.
- Assign to each rule a positive or negative consequence. What is the positive reward received for honoring the family rules on a weekly basis? ALSO...What happens when the rule is not followed? (*Repentance is nice, Obedience is better!*) Try to involve your child in this as well. Observe closely to see things or activities they value greatly & use those as their positive rewards.
- Hold regular family time to bring more unity to your family. Ours was each Monday evening where we played games together, attended events together OR talked, laughed and snacked together.
- Post YOUR **Family House Rules** in a viewable and easily accessible area.

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