



Life Rules / Family Rules

Instructions

Definition:

- Life rules or family rules represent the values that are dear to us and that are to be respected by all the members of your family.
- The purpose of these life rules or family rules is to allow you to create and maintain harmony within your family.
- Social consensus seems to target three life rules that are generally taught in succession to children at an early age.

1. **Politeness**
2. **Respect**
3. **Honesty**

Applications:

- ⇒ It is up to the parents to identify appropriate life rules (family rules) because they are responsible for making the family work in harmony.
- ⇒ Both parents must present these rules to the children at the same time to clearly show their special status as parents and that they are fulfilling their parental roles.
- ⇒ The rules must be posted in a place visible to the entire family (e.g., kitchen, fridge, dining room).
- ⇒ They should be placed at the children's eye level.



Parental interventions:


- ⇒ There should be no loss of privilege or consequence when a life rule (or family rule) has been broken.
- ⇒ In fact, since life rules concern how people should behave in society, it is important instead to point out the broken or forgotten rule and to clearly indicate the appropriate behaviour or attitude.
- ⇒ Insofar as possible, avoid looking straight into the eyes of an oppositional child because this may cause the child to escalate.
- ⇒ Simply look at the rule and point to it with your finger.
- ⇒ For example, when one or more rules have been broken, the parent should take the child to the poster, show the child which rule has been broken and calmly say: *Look. Here's the rule. You forgot or neglected this rule. Like everybody else in the family, you must obey each rule.*
- ⇒ When the child shows that they understand and accept your intervention (verbal agreement, spontaneous apology, visual interest in the rule, calm attitude), state the expected behaviour: *Now you can calmly go back to the living room and politely ask your brother for the remote control by saying please.*

Instructions for developing life rules or family rules:

- ➔ Identify a **maximum** of 2 or 3 rules.
- ➔ **Teens and children who are able to read:** Write down one word for the rule (see the example).
- ➔ **Young children:** Find a pictogram representing the rule (place it just below the rule).
- ➔ **Children who are able to read and young children:** Match the written rule with a pictogram (place the picture just below the rule).
- ➔ Write down the expected behaviours illustrated by each rule.



Poster to display

Life Rules Family Rules	
	
Rules	Expected Behaviours
Politeness	<ul style="list-style-type: none">• I say please and thank you.• I use a calm tone of voice.• I apologize.• I act right (attitudes and gestures).
Respect	<ul style="list-style-type: none">• I respect people :<ul style="list-style-type: none">• By my words• By my actions• By my attitudes
Honesty	<ul style="list-style-type: none">• I tell the truth.• I admit my mistakes.• I accept responsibility for my actions and words.



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