



Families Matter!

TALKING ABOUT RULES

CARMEN

MAR LEE

MAR LEE AND CARMEN GET TOGETHER AFTER WORK FOR COFFEE. TODAY THEY BEGIN TALKING ABOUT HOW THEY DEAL WITH RULES FOR THEIR CHILDREN.







HERE'S WHERE I HAVE PROBLEMS. I SAY NO YOU CAN'T DO THIS AND THEY GET ANGRY.



I'M GOING TO TRY TO BE POSITIVE. INSTEAD OF SAYING "NO YELLING" I WILL ASK THEM TO TALK QUIETLY WHEN THEY ARE INSIDE.

MAYBE YOU COULD EVEN SHOW THEM WHAT YOU MEAN.



YES, AND WE COULD PRACTICE.

AT TIMES, I DON'T THINK MY KIDS UNDERSTAND WHAT I'M SAYING UNLESS I SHOW THEM.

AND I MAY HAVE TO SHOW THEM MORE THAN ONCE, BUT THAT'S OKAY.



BUT WHAT CAN I DO IF THEY STILL DON'T DO WHAT I SAY?

IT SEEMS TO ME YOU WANT TO LET THEM KNOW WHAT HAPPENS WHEN THEY FOLLOW THE RULES AND WHEN THEY DON'T.



OKAY, I'LL TRY THAT.

LATER THAT WEEK AT CARMEN'S APARTMENT. SHE IS WITH HER TWO GIRLS ROSA AND NINA.

I'VE BEEN SPENDING TOO MUCH TIME PICKING UP YOUR CLOTHES. SO FROM NOW ON I EXPECT YOU TO PUT YOUR DIRTY CLOTHES IN THE BASKET WHEN YOU WANT THEM WASHED!

WHAT BASKET?



COME IN THE BATHROOM AND I'LL SHOW YOU. PUT YOUR CLOTHES IN THIS BASKET. I WASH ON SATURDAY MORNING, SO BY FRIDAY YOU NEED TO PUT ALL YOUR CLOTHES IN HERE.

WHAT IF I DON'T?



IF YOUR CLOTHES ARE IN THE BASKET, THEY WILL GET WASHED. AND IF NOT, THEN THEY WON'T GET WASHED. YOU'LL HAVE TO WEAR DIRTY CLOTHES.



AH, MOM, YOU WOULDN'T.



YES I WOULD! NOW CAN YOU TELL ME WHAT YOU ARE TO DO?

WE PUT OUR DIRTY CLOTHES HERE.





FIRST OF ALL, THEY NEED TO KNOW YOU WILL DO AS YOU SAY.



YES, I KNOW THAT.



SO DO WHAT YOU SAID.



IF THE KIDS PICK UP THEIR CLOTHES AND PUT THEM IN THE BASKET, I WASH THEM.

OKAY, AND IF THEY DON'T?

THEN THEY DON'T GET WASHED.



OK, IF THE CLOTHES DON'T GET WASHED, REMIND THEM. THEN LET THEM KNOW THAT NEXT WEEK THEY WILL HAVE ANOTHER CHANCE.

I KNOW THAT BY SETTING RULES AND EXPLAINING THEM, MY KIDS AND I WILL BOTH BE HAPPIER.





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- PARENTS SOMETIMES ARE NOT CLEAR ABOUT WHAT THEY EXPECT OF THEIR CHILDREN.
- TO HELP CHILDREN LEARN ABOUT RULES THE FOLLOWING STEPS MAY BE HELPFUL:
 1. IDENTIFY WHAT IS EXPECTED.
 2. TELL THE CHILDREN WHAT IS EXPECTED AS A RULE.
 3. SAY THE RULE IN A POSITIVE WAY.
 4. GIVE THE CHILDREN EXAMPLES OF THE RULE.
 5. HELP THE CHILDREN PRACTICE THE BEHAVIOR.
 6. EXPLAIN WHAT WILL HAPPEN IF THE CHILDREN FOLLOW THE RULE, AND WHAT WILL HAPPEN IF THE CHILDREN DO NOT FOLLOW THE RULE.
 7. IF CHILDREN DO NOT FOLLOW THE RULE, REMIND THEM OF THE RULE AND DO WHAT YOU TOLD THEM YOU WOULD.