

Family Rules

You and the child should identify one to three rules that need to be followed at home. Make sure the rules are worded so that the child fully understands expectations. With each rule identify the daily or weekly reward for complying (e.g., stickers, snack, activity time, game night, etc.). Also, discuss the consequences for not following the rule (e.g., time out, reduced activity time, additional chores, etc.).

Family Rule	Reward	Consequence
1.		
2.		
3.		