

# Kid Rules

(broken rule results in timeout or revoked privilege)

- 1. Be honest; tell the truth.**
- 2. Be kind and sensitive to others.**
  - a. No aggression. Keep your hands to yourselves. No spitting.**
  - b. Don't push people's buttons to get a reaction out of them or to get them in trouble.**
  - c. Don't call people names or insult them. Don't mutter insults.**
  - d. Stay calm. Don't raise your voice at people.**
  - e. Practice good listening. Be quiet and try to understand what the other person is talking about. Ask for clarification.**
  - f. Don't tattle for the sake of getting someone in trouble.**
  - g. Learn to read people and know when they are angry or happy, when they are laughing with you or when you are hurting their feelings, etc. Act accordingly, instead of in opposition.**
  - h. Don't express happiness about the misfortune of others.**
  - i. Don't talk negatively about someone behind their back.**
  - j. Don't swear. Don't say inappropriate things.**
  - k. Respect property. Don't use without asking. Don't steal.**
- 3. Practice a positive attitude.**
  - a. Pay attention to the tone of your voice and the look on your face.**
  - b. Hold yourself up straight. Practice good grooming. Act your age.**
  - c. Focus on yourself. Don't get into other people's business.**
  - d. Don't complain about the things you are given (e.g. food).**
  - e. Show gratitude for what you have. Avoid being jealous of what others have.**
  - f. No bickering.**
- 4. Accept criticism and guidance, especially from parents and teachers.**
  - a. Stay calm and listen. Don't escalate the situation.**
  - b. If you want to speak, do it softly and be careful of your tone.**
  - c. Don't roll your eyes.**
  - d. Explain your actions if you feel you've been misunderstood, but know when to quit. Don't argue excessively.**
  - e. Admit your mistakes and apologize.**
  - f. Don't mutter insults.**
  - g. If you must have a tantrum, do it in private.**
  - h. Follow directions.**
- 5. Focus on the present in order to pay attention to what is going on around you and participate in life.**

# Parent Rules

- 1. The kids' rules also apply to the parents.**
- 2. Freely share information with parents. Don't keep important secrets.**
- 3. Stay calm. Don't act aggressively. Avoid raising voice and intimidating.**
- 4. Respect their styles and preferences (e.g., the way they want to dress or cut their hair). Allow them to push the boundaries within safe limits.**
- 5. Don't talk about "diets" and weight (it's not unusual for a child's weight to fluctuate as he grows, but the target naturally shifts upward). Focus on "healthy eating." Provide appropriate amounts and kinds of food.**
- 6. Always enforce the rules. Don't turn a blind eye.**
- 7. Allow other parents to tell you when they think you've broken the rules.**
- 8. Admit mistakes and apologize.**