SESSION

5

ESTABLISHING RULES AND EXPECTATIONS

SESSION TOOLS

UThe following materials are included for you to utilize during Session 5 of this module:

Handout: Parent-O-Meter

Handout: Goal Line

Handout 5.1: Behavior Rules and Expectations

Handout 5.2 (a): Homework – Establishing Behavior Rules and Expectations

Handout 5.2 (b): Household Rules and Expectations

Handout 5.3 (a): Behavior Tracking Form: Behavior Rules

Handout 5.3 (b): Behavior Tracking Form: Expectations

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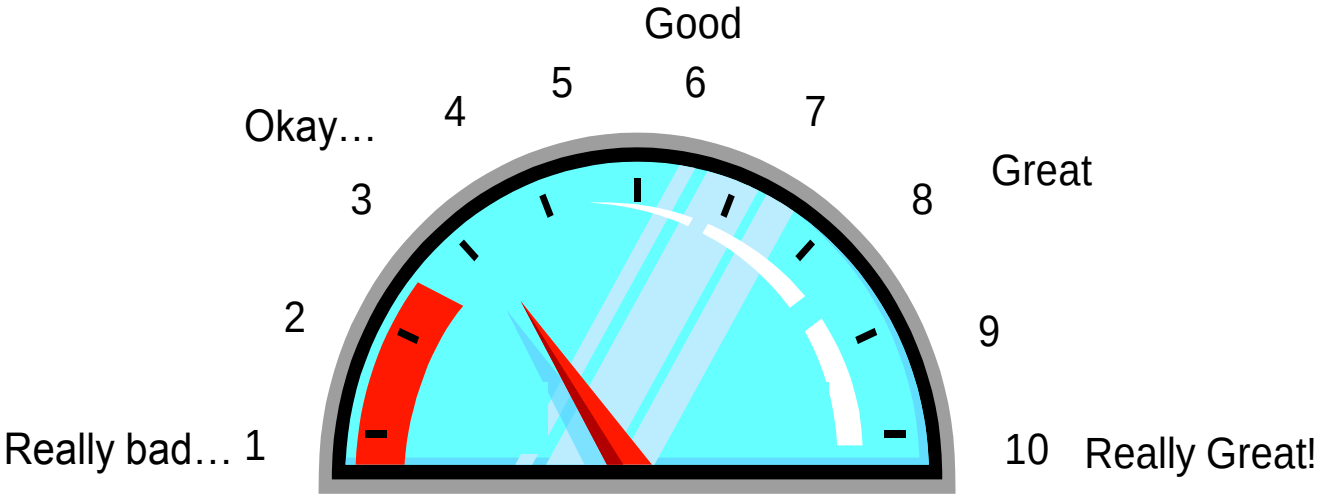
Parent-O-Meter

This Week's Goals: _____

_____

How did my parent(s) do?

CIRCLE A NUMBER!



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Goal Line

Directions: **Place a check mark in the "Progress" Box each time a Goal is completed.**

Number	Goal	Progress						
		M	T	W	Th	Fr	Sa	Su
1								
2								
3								
4								
5								

Rewards for Goals Achieved:

Ex., 4 checks for homework done before TV time = One hour of an activity with Mom or Dad

_____

_____

_____

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HANDOUT 5.1

Behavior Rules And Expectations

- Behavior Rules and Expectations help children learn to do or not do certain behaviors without having to be told every time.

- Behavior Rules and Expectations are for behaviors for which we want children to learn to self-control.

- When Behavior Rules or Expectations are violated there is always an immediate consequence – No warnings or second chances.

EXAMPLES OF BEHAVIOR RULES INCLUDE:

- No hitting
- No cursing
- No name calling
- No breaking things
- No rough play in the house
- No arguing

EXAMPLES OF EXPECTATIONS INCLUDE:

- Making bed in the morning
- Taking out the garbage
- Feeding the animals
- Cleaning up after dinner
- Cutting the grass
- Completing homework

SETTING UP BEHAVIOR RULES AND EXPECTATIONS:

1. Think of two or three (no more than three) Behaviors/Expectations that you would like your child to learn to stop doing or do without having to be told every time. After your child has learned to follow the first two or three rules, you can add more to the list.

2. Put those Behaviors/Expectations in the form of a Rule.

3. Write the rules on a piece of paper and place the paper in a prominent place where everyone can see it (e.g., on the refrigerator door).

4. Tell your child that these are the household rules. They are in effect everywhere in the house and at all times. Tell your child that for two weeks you will tell him or her every time you see him or her breaking a rule or not complying with an expectation. This will give him or her a chance to learn the rules before the consequences are implemented. After two weeks, he or she will have a punishment every time he or she breaks the rules or does not do what is expected of them.

5. For two weeks monitor your child carefully. Every time he or she breaks a rule, label this for him or her. For example, “Ashley, you just called your brother a name. That is against our Behavior Rules”

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HANDOUT 5.2(a)

Establishing Behavior Rules and Expectations

BEHAVIOR RULES

1. Think of two or three behaviors you would like your child to learn to stop doing without being told every time. You can have a family meeting where the types of rules that are to be followed are discussed and everybody has input. Remember, as a parent, you are the person with the final say but be sure to allow your child to be an active participant, and work towards agreement rather than establishing rules that the child does not believe are important.

2. Write the rules down on the homework sheet and put it in a place where everyone can see it.

3. Tell your child that these are new rules that will be in effect at all times.

4. Every time your child breaks a rule, label it for him or her and let them know that, after two weeks, they will be punished every time that they break the rules. No warnings will be given.

EXPECTATIONS (CHORES)

1. Think of two or three chores or expectations that you want your child to do every week. Examples include vacuuming or sweeping, taking out the garbage, cleaning his or her room, helping cook dinner, or doing dishes.

2. Sit down with your child and ask for his or her suggestions. You may want to give some choice in what he or she will do or allow the expectations to change as needed.

3. Tell your child that these are new rules that will be in effect at all times.

4. Every time your child does not comply with the expectation label it for him or her and let them know that, after two weeks, they will be punished every time that they do not comply with the expectation. No warnings will be given.

Decide what rewards or consequences you will use to help your child learn to take responsibility for their behavior. Discuss these with your child.

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HANDOUT 5.2(b)

Household Rules And Expectations

BEHAVIOR RULES	EXPECTATIONS
1.	1.
2.	2.
3.	3.

CONSEQUENCES

REWARDS

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HANDOUT 5.3(a)

Behavior Tracking Form: Behavior Rules

BEHAVIOR RULES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1. _____	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled
2. _____	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled
3. _____	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled

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Handout 5.3(b)

Behavior Tracking Form: Expectations

EXPECTATIONS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1. _____	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled
2. _____	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled
3. _____	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled	Complied Rewarded Non-compliant Labeled

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