

# Connected Families: Family Rules and Routines

Clear structures and consistent rules and routines are important to create a functional and happy home. You might think of these as family rules or a set of expectations your family agrees to and uses all the time. Clear expectations are particularly important for young children who do well with structure.



## Tips for Establishing Family Rules:

**Make them clear and specific.**

*“Please use gentle touch with others.”*

**Keep your list short!**

Focus on the important parts of your day.

**Use “When...then” statements.**

*“When you use gentle touch with your brother, then we can play together.”*

# Connected Families: Family Rules and Routines

Routines are equally important to help you and your child together throughout the day! Routines are clear and consistent activities or events that occur in the same way and at the same time each day. Children are creatures of habit who will likely feel happy and safe when you consistently use routines! Integrating play into your daily routines can have a significant positive impact on your relationship with your child.

## Bedtime Routines:



**Occurs the same time each night**



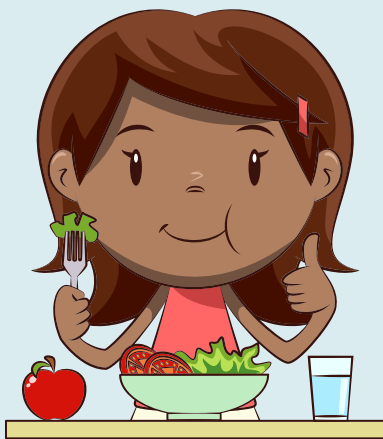
**30 minutes or less**



**Quiet, calming activities**



**Mealtimes** help language development, result in fewer behavior problems and lead to healthy eating habits.



**Teach good manners at the dinner table**

**Regular family meals each week - breakfast, lunch, dinner or snack**

**Keep mealtime conversations positive and relaxed**

**Turn off the television and other distractions**

**Create mealtime traditions!**