



Family Rules, Consequences, and Rewards – SAMPLE

Rules

1. We wash hands after we go to the bathroom and before meals and snacks.
2. We take shoes off at the door.
3. We pet Roxy and Belle softly.
4. We don't hurt one another.
5. We have fun together!
6. We make our bed each morning.
7. We brush our teeth before bed and in the morning.
8. Everyone sleeps in their own bed.
9. Children ask permission to go outside.
10. Food stays in the kitchen and/or dining room.
11. We all have chores and do them.
12. Children will complete their homework and parents will be available to help.
13. We say "please" and "thank you".
14. We use kind words.
15. We always wear clothes or pajamas in the house.
16. We are all truthful to one another
17. We end our day in prayer.

Consequences

1. Limited television
2. Limited screen time on electronics
3. Removal of toys
4. Time ins
5. Leave the play group or play date
6. Go to bed early

Rewards

1. Extra television time
2. Extra screen time on electronics
3. Allowances (depending on age)
4. Earn points for a toy
5. Pizza night
6. Sleep over with grandparents
7. Ice cream