

# Our family's rules

1. We speak with kindness and respect
2. We use words for our emotions
3. Everybody gives a hand

## At the table:

- I use my fork *and* knife
- I tell mom or dad politely if I don't like something
- I ask before getting up and I put my plate, fork, knife and glass in the dishwasher
- One person speaks at a time

## When I play :

- I ask for permission before using others' belongings
- I use at least 2 strategies before asking for mom's or dad's help
- I clean after an activity before beginning another one

## In my relationship with others :

- I'm patient and merciful, especially with younger children
- I don't make fun of others
- I do not use forbidden words
- No games involving taking off clothes
- Only one person in the bathroom at a time
- After my shower or bath, I get dressed before leaving the bathroom

## In the backyard:

- I remain fully dressed
- I ask for permission before going to the neighbor's house

## I have the right :

- I have the right to play alone and not be bothered by one of my siblings
- I have the right to use my loud voice if there is immediate danger or if I'm hurt

# Everybody gives a hand reward system

## I earn 1 star:

- When I do my morning routine
- When I do my after school routine
- When I do my evening routine
- When I set the table
- When I empty the dishwasher with somebody's help
- When I put away the toys from the living room
- When I help an other kid with his/her own routine

## I earn 2 stars:

- When I empty the dishwasher all alone
- When I help to load the dishwasher
- When I put back all the books on the shelf in the kids' bedroom
- When I put my clean laundry in the closet
- When I take out the trash
- When I transfer one load of laundry: from the washer to the dryer or from the dryer to the folding station

## I earn 3 stars:

- When I clean up the breakfast table by myself
- When I put away all the toys in the playroom
- When I read a whole kid's book to one or more of my younger siblings
- When I feed the baby his bottle with mom's or dad's supervision or blessing

## I use my stars:

- 1 screen time (see mom or dad for the time limit) = 8 stars
- I invite a friend over to play = 8 stars
- I invite a friend for a sleep over = 10 stars
- I choose our Sundays family get together = 12 stars

Kid's name: \_\_\_\_\_

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Kid's name: \_\_\_\_\_

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