

Family rules poster

A few clear rules, said positively and made together. Keep the ones that fit your family, cross out the rest and add your own.

Our family rules

1. We use gentle hands and feet.
2. We use words when we're upset.
3. We listen the first time.
4. We put things back where they belong.
5. We tell the truth.
6. _____
7. _____

Signed by everyone: _____

How to use this poster

- Make the rules together at a calm time, not right after a blowup.
- Keep 3 to 5 rules. Cross out any that don't fit and write your own on the blank lines.
- Say what to do, not only what not to do: "gentle hands" instead of "don't hit".
- Hang it where everyone can see it. Grown-ups follow the rules too.
- Notice and name it when your child follows a rule: "You put the blocks back in the box!"
- When a rule is broken, give one calm reminder, then follow through with the consequence you agreed on.
- Look at the poster together every few weeks and change what isn't working.