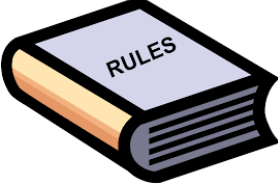




Noah's Inclusion Services

FAMILY ORGANISATION

Having order in the family makes it easier to manage your child's behaviour. If your child knows what happens when and what is expected of him or her, your child will know what to do. It will be easier for your child to do what you want.

What?	How?	
<p>Family Rules</p>	<ul style="list-style-type: none"> • Family rules are an important way of regulating behaviour and bringing order to family life. You need to decide what the family rules are, and to make sure that all family members are operating by the same set of rules. • The most important thing in two-parent families is for Mum and Dad to agree about the rules and to back each other in enforcing them. • Spend some time together working out how you want your children to act, what problems may arise with the children's behaviour, and how you will handle them. • Write them on a poster on the fridge. (If your children are too young to read, draw pictures, or cut them out of magazines.) • Family rules should be short, simple, direct and not too many. A few basic rules work, because you can supervise them. A lot of complex ones don't work, because they are too hard to keep track of. Some examples of rules: In this family we are kind and help each other. We can disagree with each other and still keep our hands to ourselves. 	  
<p>Routines</p>	<p>Routines are a special kind of <i>Rules</i>. They are household standing orders that help everyone get through the day e.g.:</p> <ul style="list-style-type: none"> • washing hands before meals • bedtime routines to calm down after playing and get ready for bed. <ul style="list-style-type: none"> • They help children organise themselves. • They add structure and predictability to children's lives. The more children know where they stand, the more secure they feel and the less they have to worry about. This is especially important for children if security and trust are a big issue. • They reduce the number of things you have to worry about. As the children get into a daily routine, so you are freed from having to supervise every little thing that happens. 	