



# RECAPTURING THE VISION

## **Rules of Engagement**

Every home should have its own set of family rules. Family rules create a safe environment for your children by clarifying expectations and ensuring that you and your child are on the same page regarding your expectations for one another's behavior.

Though autocratic rule may be tempting, the healthiest way to establish and set the rules for your family is through open communication in which you allow your child to help establish rules and punishment for infractions.

Rules should be broken up into categories: Minor, Moderate, Moderately Serious, and Serious. As you discuss each category of rules, you should also discuss punitive actions that are appropriate for each offense. Children are different and so are parents. Choose discipline strategies that fit your family. Make it clear to your children that the family rules are not just rules for the house, but follow them wherever they go.

# Rules of Engagement for Families



## Parent Assessment

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### Family Rules of Engagement: Discipline Worksheet

Though a bit unconventional, coming together as a family and deciding on rules and disciplinary actions helps your children understand the rules what is expected of them. Establishing three Levels of discipline with your child will assist you in your effort to apply good discipline techniques when you are dealing with a conflict. Remember: good child discipline shows respect for the child and the parent. Moreover, it changes as the child grows. Above all, good child discipline requires good family communication. When dealing with a problem, your style of communication will either help or hinder a successful resolution.

1. How does each family member communicate displeasure? (i.e.: Mom yells, Dad slams doors.)

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2. How does each family member respond to this communication? (i.e.: Mom gets defensive when Dad walks away.)

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3. What is the most effective way to communication to each family member (i.e.: Dad listens best when Mom does not yell.)

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4. Establish rules or code words to moderate the way each family member communicates displeasure (i.e.: When mom yells we will tell her “volume” and she will lower her voice.)

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5. Identify three levels of discipline:

Level 1: (i.e.: Light)

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Level 2: (i.e.: Moderate)

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Level 3: (i.e.: Extreme)

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6. What actions merit each level of discipline?

Level 1: (i.e.: warning)

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Level 2: (i.e.: Loss of privilege)

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Level 3: (i.e.: Total loss of privileges)

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