

# FOLLOWING RULES

Knowing what is and isn't allowed is reassuring for a 2- to 5-year-old.

Your role is to set the rules.

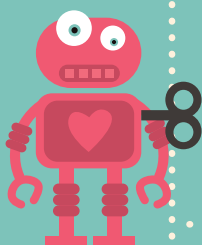


## Each rule must be...

### Clear

"You can play outside once you've put your blocks away."

"If you throw your toy, you won't be allowed to play with it."



### Concrete

"We sit down when we eat."

"Turn the pages of the book slowly."



### Coherent

"I want us to do something that doesn't involve screens. After your show, we'll go play outside, and I'll leave my cellphone in the house."



### Consistent

"As always, we look both ways before crossing the street."

### Logical

"You drew on the wall, so you're responsible for cleaning it up."



## Keeping your home safe and secure helps reduce the number of rules you need to set.

Store cleaning products, medications, cat litter, and other small objects out of your child's reach; cover electrical outlets and install a barrier for the stairs. Your child will be free to have fun without always hearing "No!"

# Help your child

## Explain the rule

"I want to be there when you're climbing to make sure you don't fall."



## Give your child a heads-up

"Go down the slide two more times and then we're off." "After you finish your puzzle, we'll put the toys away."



## Offer a choice

"Do you want to wear your pink or your green sweater?"



## Turn the rule into a game

"Go brush your teeth"

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"I'll start and you go next!"

"Get dressed"

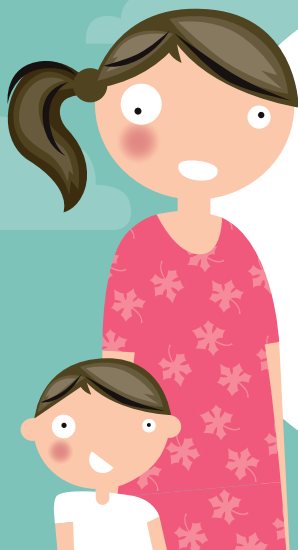
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"Put on your coat and let's race to the car!"



## If your child's "NO" means "I can't do it":

- Encourage your child even when they make mistakes
- Propose solutions
- Do the task together

## As a parent...



What rules are important to me?

How do I react to other people's rules?

How do I establish rules at home?

