

Setting Up House Rules



Behaviors That May Need a House Rule

- ◆ Behaviors that are aggressive
Your son hits you when you don't give him what he wants
- ◆ Behaviors that are destructive
Your daughter throws toys when she's angry
- ◆ Behaviors that are never acceptable under any circumstances
Your son makes an obscene gesture or curses or spits at someone
- ◆ "Sneaky" behaviors that you don't discover until after they have happened
Your daughter repeatedly takes and hides her sister's princess doll

How to Set Up a House Rule

1. Decide what behavior you want your child to stop
Example: Hurting her sister on purpose, like pulling her hair or hitting her.
Choose words for the behavior that your child understands.
Example: "Hurting your sister"
2. If you are not sure your child knows the exact behaviors included in the house rule, label the behaviors for 2 or 3 days whenever they happen, before you start the new house rule.
Example: "When you push her down like that, you are "hurting your sister."
3. When you are ready to start the new house rule, explain it to your child at a neutral time.
Example: "You've been nice to your sister this morning, and I like that very much. But sometimes you forget to be gentle. I am starting a new house rule to help you remember. It goes like this, "Any time you hurt your sister, you have to go to the time-out chair. But if you remember to play gently and be nice to your sister, like this morning, you won't have to go to the timeout chair."

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How to Use the House Rule

1. Your child **does not get a warning** if he breaks a house rule - If he does the problem behavior, take him immediately to the time-out chair for 3 minutes plus 5 seconds of quiet.
2. **Take your child to the chair every time she breaks a house rule** – at first this may be many times a day, but if you follow-through every single time, the behavior will decline rapidly.
3. On the way to the chair, say nothing except, “You [*hurt your sister*], so you have to go to the time-out chair.” When she sits on the chair, say only: “Stay on the chair until I say you can get off.”
4. If your child gets off the chair without permission, you take her to the timeout room just like before.
5. After 3 minutes plus 5 seconds of quiet on the timeout chair, go to the chair and say, “You can get off the chair now.” You may briefly restate the rule (“Remember, no hurting your sister”) but do not give attention to the problem behavior by talking about it at length.
6. As soon as possible, praise the positive opposite.

“You’re being so nice to your sister. I’m proud of you for being a good big brother.”

When to Begin Another House Rule

- ◆ You may begin a new house rule after your child is going to time out less than twice a day for the first rule. When this happens, that first rule is no longer an “active” house rule. It is still a house rule, though, and your child should still go to time out if he breaks that rule.
- ◆ Your child should not have more than two “active” house rules at a time.

CDI Homework Sheet

Mother ____ Father ____

Child's First Name _____

Date	Did you spend 5 minutes in Special Time today?		Activity	Problems or questions in Special Time
	Yes	No		
Monday _____				
Tuesday _____				
Wednesday _____				
Thursday _____				
Friday _____				
Saturday _____				
Sunday _____				

CDI Homework Sheet

Mother ____ Father ____

Child's First Name _____

Date	Did you spend 5 minutes in Special Time today?		Activity	Problems or questions in Special Time
	Yes	No		
Monday _____				
Tuesday _____				
Wednesday _____				
Thursday _____				
Friday _____				
Saturday _____				
Sunday _____				

PDI Homework Sheet (with Running Commands and House Rules)

Mother Father Child's Name _____

Date	POSITIVE COMMAND PRACTICE		TIME-OUT CHAIR FOR RUNNING COMMANDS	TIME-OUT CHAIR FOR HOUSE RULES	TIME-OUT ROOM
	YES	NO	Make a tally mark each time child is sent to time-out chair for disobeying positive, running command	LIST HERE _____ _____	Place one mark each time child got off chair without permission (any time)
MONDAY _____					
TUESDAY _____					
WEDNESDAY _____					
THURSDAY _____					
FRIDAY _____					
SATURDAY _____					
SUNDAY _____					

PDI Homework Sheet (with Running Commands and House Rules)

Mother Father Child's Name _____

Date	POSITIVE COMMAND PRACTICE		TIME-OUT CHAIR FOR RUNNING COMMANDS	TIME-OUT CHAIR FOR HOUSE RULES	TIME-OUT ROOM
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