

HANDOUT 6D

Home Practice: Tracking Rules

Write down 3 to 5 house rules that you currently have or would like to establish. Consistent with the criteria of effective rules, it is important that the rules are specific, simple, direct requests (not questions) that are positive, realistic, reasonable, and able to be enforced.

Track whether your child follows the rules. Use a plus sign (+) to show that the house rule was followed. Use a minus sign (–) to show that the rule was broken. Write N/A if the rule was not applicable for that day. See the example in the table below. Remember to use praise when your child follows the rule.

| Rule | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------------------|-----|-----|-----|-----|-----|-----|-----|
| Example: Make your bed every day | + | + | + | + | – | + | – |
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