

Evaluating Your Family Rules

- 1 Do you have too many rules or not enough?
- 2 Read over each rule. Is it for the child's benefit or the parent's?
(Write a P or C next to each rule.)
- 3 Do your rules match the age-level capabilities of each of your children?
- 4 Are any of your rules discouraging for any of your children?
- 5 Read each rule and restate the reason for it in your mind.
- 6 When was the last time you changed a rule? Are your rules changing as your children grow?
- 7 In what areas are you frustrated now? Do you need to make a new rule?