THE FAMILY WELLNESS

Our family rules

A sample to adapt together

Family: _____ Review date: _____

RULE 1

We keep hands and feet gentle.

What it looks like: When frustrated, pause and ask for help.

Our response: We stop unsafe play and help everyone get safe.

RULE 2

We ask before borrowing.

What it looks like: Ask the owner and wait for an answer.

Our response: We return the item and practice asking.

RULE 3

We help put things away.

What it looks like: Put shared toys in their basket with help.

Our response: We pause the next activity and tidy together.

Adults practice too

We explain calmly, help with hard steps and repair our mistakes.

Start with one rule if that is enough. Use pictures or spoken reminders as needed.

Adapt to ability and support needs. Food, care and affection are never withheld.

THE FAMILY WELLNESS

Our family rules

Write one to three rules together

Family: _____ Review date: _____

RULE 1

_____

What it looks like: _____

Our response: _____

RULE 2

_____

What it looks like: _____

Our response: _____

RULE 3

_____

What it looks like: _____

Our response: _____

Adults practice too

We explain calmly, help with hard steps and repair our mistakes.

Start with one rule if that is enough. Use pictures or spoken reminders as needed.

Adapt to ability and support needs. Food, care and affection are never withheld.