

January 17-18, 2009



Parenting Tips

Three Basic Family Rules

Rules are important in family life. They clarify expectations and provide opportunities for parents to teach about values. Some parents, however, rely too heavily on rules. They develop lists and family life boils down to a bunch of do's and don'ts.

Remember that rules tend to focus on behavior and may miss the heart. But, if you use rules wisely and talk often about why the rules are helpful, you can teach your children a great deal about the values you want to pass on. As you begin making rules for young children, we would suggest three simple rules:

Obey
Show Respect
Be Kind

Almost any infraction in family life can fall under one of these three. Having just a few rules is especially good for young children. These three become the basis for most other rules as children get older. Each of them represents an important character quality.

These rules are simple and introduce young children to the fact that certain guidelines dictate what's expected in family life. Talk about them often as you teach and discipline your children. This will help to instill a sense of character even at a young age.

This parenting tip is from the book [Home Improvement: The Parenting Book You Can Read to Your Kids](#) by Dr. Scott Turansky and Joanne Miller, RN, BSN.