

The 5 Rs for a Happy Home

What to Know

The 5 Rs stand for: Rules, Rewards, Responsibilities, Routines, and Rituals

The 5 Rs help your family:

- prevent chaos in the home.
- increase good behavior.
- help children become more thoughtful and responsible.
- build loving relationships.
- have fun together!

During a family meeting, follow these steps.

1. Decide together what family rules you would like to establish. Write them down on the chart on the next page and commit to them as a family. As the parent, decide how you will track compliance.
2. Determine rewards for obeying the family rules. You can:
 - write down the rewards.
 - make a “rewards” jar.
 - create a chart and track rewards and praise.
3. Fairly divide family responsibilities. You can:
 - make a family chore chart.
 - decide on pay or privileges earned.
 - track compliance.
4. Decide on and post family routines such as bedtime, morning routines, and so on.
5. Identify and implement one fun family ritual to build loving relationships.

Get creative! Have your children choose which charts and rewards they want to use.

What to Do

As a family, create rules that establish rights and responsibilities, teach children pro-social values, and keep everyone safe. Include your children and they will be more likely to follow the rules! In the first column, write down each family rule. In the second column, establish rewards for following the rules. Sometimes there might not be rewards for following the rules, and that is okay, too. Finally, in the third column write down the consequences or punishment for breaking each rule.

Rules that are fair, firm, and consistently reinforced and enforced help children feel safe, secure, and exhibit better self-control.

