**Session 5: Training with Ben Jones**

**Rules and Expectations within my home**

In session five we discussed the importance of setting clear, consistent, achievable expectations for children in their daily household routine.

Reflect on your home. What expectations or rules are set? Consider concerns for the adults as well as concerns for the child. Following this, Brainstorm possible solutions.

Consider the following areas: bedtime, hygiene, morning routine, mealtimes, homework, chores, screen time, phones, sleepovers, teeth, etc. supports.

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| **Rules or Expectations** | **Adult Concerns** | **Child Concerns** | **Solutions** |
| EXAMPLE: Emily must go to bed at eight o’clock. | Emily doesn’t get enough sleep and she’s grumpy in the morning.  We have a battle for an hour or so every evening to get her to bed. We have a battle every morning to get her up and ready for school.  She needs rest. | I hate going to bed early. My old bedtime was 9pm.  I’m not tired and I get bored in my room and think about sad stuff.  I hate it when they nag me about bedtime; I’m not a baby. | Emily can watch TV or listen to music in her room for an agreed-upon time.  Emily can choose a bedtime story and have reading time until 8.30pm. |
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