

It's a Good Habit

"It's a Good Habit" is a great exercise to help parents and children have a discussion about expectations and responsibilities. This activity is also a helpful way to set some ground rules for a new child coming into your home. Having clear communication especially during stressful times can help your family maintain closeness

Routine agreements should be made along each of the following areas:

1. **Going to bed and getting up in the morning**
2. **Table manners**
3. **Eating Habits**
4. **Answering phone and taking messages**
5. **Getting homework done**
6. **Doing housework/agreed upon chores**
7. **Curfews and being late**
8. **Cleanliness, dress, and self-care**
9. **Language and communication in the house**
10. **Handling disagreements**
11. **Car safety and driving rules**
12. **Telling the truth**
13. **Responsible use of the internet and computer**
14. **Politeness with family, friends, and neighbors**
15. **Picking up after oneself**
16. **Dating, sleepovers, and being with friends**
17. **Use of drugs or alcohol**

The family should meet together once every week to go over the rules, agreements and consequences, and make any changes.

and support each other. Providing encouragement and opportunities for playtime and relaxation time is an important part of showing children and youth that you appreciate their efforts. During this activity parents and kids may not always agree. That is perfectly normal. Rewards (in the form of family outings and fun activities) may be used to encourage children's full participation in the "It's a Good Habit" exercise.



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Use the worksheet below to help guide your conversation with kids about expectations, the sheet also allows kids to express their feelings.

	PARENT'S UNDERSTANDING	CHILD'S AGREEMENT
1. Going to bed and getting up in the morning		
2. Table manners		
3. Eating Habits		
4. Answering phone and taking messages		
5. Getting homework done		
6. Doing housework/agreed upon chores		
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