

It's a Good Habit!

"It's a Good Habit" is an exercise that can be used after the family has worked on "How to Hold a Family Meeting." This is an opportunity for the parents and children to have a discussion about expectations around each of these areas of responsibility. Using calm, clear and consistent **messages, parents can talk with their children about how they expect their children to maintain chores, their behavior and responsibilities. Having clear communication during stressful times**

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.

can help the family maintain closeness and support for each other. Parents should also provide encouragement and opportunities for playtime and relaxation time. For each of these areas, parents can talk with their children about their expectations. Children are given an opportunity to express their own thoughts in response. Parents and children do not always agree on these issues. That's 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 this table to write down agreements between parents and children about each of these areas.

	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		
7. Curfews and being late		
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