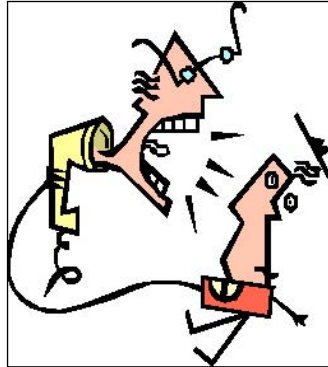


## Following Rules: What Am I Supposed to Do?...



1. **Discipline can be frustrating for everyone, but it is a must.** Children need rules and limits so they can feel safe and secure.
2. Here are some ideas about how you can get your child to follow your rules:
  - **Establish a few family rules.** You don't want too many, though. Give your child time to learn right from wrong without your help.
  - **Work with your child to set the family rules.** Then everyone understands what the rules are and why you have them.
  - **Praise good behavior and always keep your promises.**
  - **Don't overreact if a rule is broken.** Decide ahead of time which rules deserve the strongest reactions.
  - **Always try to make the punishment fit the crime.** If your child comes home later than expected, then limit after-school activities for the next week.
  - **Always stick to your rules.** Inconsistency will teach your child that there are no rules.
  - **Involve your child in all areas of discipline.** Clearly understanding what happened will help your child to learn from mistakes.
3. **Help your child to become an independent, responsible adult by teaching good habits early on in life.**
4. You may find the following resources helpful:
  - **Healthy Children.org:** *Disciplining Your Child* at <http://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/pages/Disciplining-Your-Child.aspx>
  - **KidsHealth.org:** *Disciplining Your Child* at <http://kidshealth.org/parent/positive/talk/discipline.html>

**We're here to help.** To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

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