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:

**We’re here to help.** To learn more about UIC-Specialized Care for Children’s programs and services, check out our website at: [dscc.uic.edu](http://dscc.uic.edu) or like us on [facebook.com/dscc.uic.edu](https://facebook.com/dscc.uic.edu)