

# FACT SHEET:



# ABIOS

Acquired Brain Injury Outreach Service

## Category:

Life After ABI  
Parenting

## Audience:

Person with an ABI



## Developing Family Rules

### Introduction

Children often behave better when they are in a safe and predictable environment. They need to know what is expected of them. Children are more likely to cooperate when they know the rules and understand the consequences for breaking the rules. Family rules apply to everyone in the house and help your household run more smoothly.



### The starting point:

Before you start you need to know what rules you want to start with.

1. Introduce and explain the family rules.
  - You will need to sit down with the children and talk about the new family rules.
  - Start with a maximum of 3 to 5 rules.
  - Depending on their age, you can ask for their ideas
  - Rules can be established around:
    - ◇ Time – establishing bedtime or morning routines
    - ◇ Boundaries – you may go here, but not there
    - ◇ Behaviour – you may do this but not that
    - ◇ Household tasks – managing dirty clothes, hanging towels, tidying rooms, snacks and meals etc.
  - Some examples of family rules are:
    - ◇ Talk nicely to people.
    - ◇ Keep your hands and feet to yourself.
    - ◇ Treat people and things with respect.
    - ◇ Help when asked.
2. Praise cooperation with the family rules.
3. Follow-up on breaking of the rules.
4. Repeat or review the family rules when necessary.
5. Enforce rules firmly and fairly.
6. Keep the rules simple to help you be consistent.

For more information  
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**Key Points**

- Family rules apply to everyone
- Keep the rules simple
- Start with a maximum of 3 to 5 rules
- Praise cooperation
- Enforce rules firmly and fairly
- Be consistent
- Update and add rules as need be

**Acknowledgement:**

We acknowledge that in the development of the ABIOS Parenting fact sheets we have incorporated ideas from the 1-2-3 Magic Program and The Triple P program



**Resources**

See other Acquired Brain Injury Outreach Service (ABIOS) Information sheets at <http://www.health.qld.gov.au/abios/>

**Notes:**

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