

Establish Healthy Family Routines –The Foundation for Your Child’s Successful Future

Tips for building healthy family routines:

1. Establish clear and consistent rules and expectations
 - *remind children often*
2. Commit to establish structure over the long-haul
 - *productive habits take years*
3. Acknowledge and reward personal effort
4. Use proactive discipline
 - *reward good behavior rather than threats*
 - *if discipline isn't working, get help from a professional, take classes*
5. Encourage rather than punish
6. Allow unstructured time
 - *stress and responsibility free*
7. Stay focused on long-term goals.

Don't give up too soon.