

Parenting Plan - 4-11 years

Safety

- ♥ Always sit in car seats or boosters seats while under 80 pounds – always buckle up
- ♥ Always wear bike helmets and pads while on bikes, skates, scooters, etc.
- ♥ Do not go near a pool of water without an adult to watch
- ♥ Never leave house without telling parent where you are going
- ♥ If your safety is threatened inform a trusted adult
- ♥ Bedtime is 8pm – Need 10 ½ hours every night
- ♥ No TV watching in bed at bedtime. Bedtime is for sleeping only. Asleep by 8pm.
- ♥ All TV programs must be approved by parents. No TV programs after 8pm. No PG-13. PG is okay if previously reviewed by parent
- ♥ Sunscreen everyday. Re-applied every two hours if playing outside.
- ♥ Use stove only when supervised
- ♥ No playing in street

School

- ♥ Maintain agreed upon GPA
- ♥ Homework completed before play
- ♥ Hand in homework

Life Skills

- ♥ Help with cooking, laundry, & cleaning
- ♥ Chores completed before play
- ♥ Personal Hygiene: Brush teeth twice a day, comb hair, bath
- ♥ Clean up your own messes: clear your plates from the table, put clothes into hamper, put toys away, make bed. Keep room clean, care for pets
- ♥ Learn how to handle money

Citizenship/Behavior

- ♥ **Appropriate conduct:** no lying, no cheating, no arguing with parents, no whining, no disobeying, no screaming. Share. Be nice to one another.
- ♥ **Assume Responsibility for your own actions:** no blaming others.
- ♥ **Be Kind and Respectful:** no name-calling, no hurting others, no hair pulling or pinching
- ♥ **Personal Self-reliance:** no trying to get others to take care of your responsibilities: if you need something get it yourself.
- ♥ **Respect Belongings:** Put things away where they belong after done playing with them, or done wearing them. No running in the house. Try not to waste
- ♥ Be a Good Neighbor: **Help others**, use please and thank-you's, show good manners, give to others, be responsible,
- ♥ **No means No**
- ♥ **Do things when asked;** Listen to parents
- ♥ When you go to bed, stay in bed

Consequences

- ♥ Time out on chair or room
- ♥ Loss of TV privileges
- ♥ Loss of allowance
- ♥ Loss of object of desire (toys, computer)
- ♥ Discussion with parent on what was wrong and how to correct
- ♥ Apologize – make amends

Rewards

- ♥ Full Allowance
- ♥ Surprises (games, movies, clothing)
- ♥ An object of desire (gifts)
- ♥ A place of desire
- ♥ Win back privileges