

## Are These Rights or Privileges?

We are all continually scratching our heads for effective consequences. Parents seem confused about the difference between rights and privileges when it comes to the kids. It is a child's right to have a roof over their head, two sets of clothes, nutritious food, medical attention and live in an abuse-free home. Everything listed below is a privilege which parents may, at their discretion, bestow upon kids who demonstrate their willingness to be responsible family members.

Do you continue to provide these items for your child in spite of his or her refusal to comply with house rules?

Allowance	Lunch Money	Money for Chores
Television	Netflix	DVD or Cable Channels
Bicycle	Skateboard	Surfboard
Toys	CD's	Video Games
Telephone	iPod	Computer
Manicured Nails	Salon Haircuts	Cosmetics
Credit Cards	Designer Labels	"Unnecessary Clothes"
Hair Dryer	Use of Laundry Machines	Dry Cleaning
Driver's License	Car	Gas
Auto Insurance	Auto Maintenance	Internet Service

Does your "sense of responsibility" compel you to spend time daily providing these services, even when your child refuses to help carry in their grocery order, feed the cat or speak to you in a civil manner?

Transportation	Answering Service	Laundry
Last Minute Requests	Making Appointments	Wake up Service
Cooking	Reminder Service	Ironing
Repairs	Prepared Lunches	Clothes Mending
Check Cashing	Shopping	Fresh Towel Service
Menu Requests	Film Developing	MAID SERVICE



Do you regularly comply with specialty market requests, even when your simplest wishes are ignored? Omit from your shopping list or throw out one item per offense.

Microwave Snacks	Soda	Specialty Drinks	Chips
Pizza	Popcorn	Cookies	Donuts
Ice Cream	Candy	Pudding	Gum
Burritos	Hamburgers	Batteries	Magazines

### **CHANGE YOUR WAY OF LOOKING AT THINGS!**

IT IS A PRIVILEGE to use the phone, to earn money from doing a chore, to use the DVD, to have a driver's license, to drive, to have a friend overnight, to wear designer clothes, to receive an allowance, to go to camp or a school outing, to have a house key, to have a private room, to be trusted with a normal curfew, to be trusted at parties, to receive anything on the above lists.

The rules below are selected from many different families. They are simply a guideline to consider when making your own HOUSE RULES:

- No physical or verbal abuse to family members or property.
- Treat family and property with respect - be polite.
- End phone calls by 9:30 p.m. on school nights, 10:30 p.m. on other nights.
- Maintain bath & bedroom by 7:30 a.m. on school days, 10:00 a.m. on non-school days.
- Attend all of your scheduled classes at school, daily.
- Complete homework daily before: 8:00 p.m., T.V., dinner hour, play time, etc.
- No drugs, pills, drug paraphernalia, tobacco or alcohol.
- Lights out and in bed by 10:00 p.m. on school nights.
- Clean up after yourself before leaving the room.
- Do chores daily, on time, as posted.
- Curfew on weekends & holidays is 11:00 p.m.
- No friends in house unless a parent is present.
- Obtain permission before leaving the house.
- Do not use anyone else's property without permission.

We suggest starting with no more than 10 house rules, less is O.K. However many you decide to start with, you must be ready to enforce them. Do not have rules you are not ready to give consequences for if they're violated.

Try to include some rules your child is already following. Remember, if you find yourself repeating something to your child over and over again, maybe it needs to be a house rule. As time and behavior change, so should your house rules. We suggest typing or writing your house rules on paper, not carving them in stone.

## Consequence Suggestions

All items listed below are merely suggestions. Add the necessary variations to fit your circumstance. Remember, any consequence is not forever, the item or privilege may be earned back in a few days to a week. **DO NOT FORGET TO COMPLIMENT POSITIVE BEHAVIOR.** The consequence should fit the violation of the house rules. **DO NOT OVERLOAD OR OVER REACT.** One consequence per event.

Telephone: Reduce time usage or complete loss

Television/iPod/Radio: Reduce usage or remove.

Hair Dryer: Remove

Wall Poster: Remove

Money: Loss of allowance, lunch or snack funds, etc.

Bedroom Door: Removal eliminates privacy. **THIS IS A HEAVY CONSEQUENCE.** Try just taking the door knob first.

Favorite Clothing: Take favorite item(s) such as shoes, but only take one shoe.

Curfew: Reduce normal curfew times by ½ hour.

Favorite Foods: Leave only bread, milk & eggs. Don't stock up.

Cooking: Stop cooking for them, leave an empty space at the table.

Laundry: Stop doing it for them, they are old enough to do their laundry themselves.

Chores: Additional chores over & above normal, i.e. yard work, window washing, bathtub scrubbing, etc.

Exclude From Fun Outings: Disneyland, concerts, sporting events etc., even if tickets were purchased by child.

Rescind Driver's License or Permit: If under 18, can be done by a written request from the parent to DMV.

Bed: Remove pillows, mattress or the entire thing.

Makeup: Remove from house.

Keys: Take keys to the house, motorcycle, car. (Can also take bike or skateboard.)

Toilet Seat: 'nuff said.

Necessities: shampoo, toothpaste, deodorant, shaving cream, mouthwash, etc.

Luxuries: Cosmetics, Hair Spray, Clearasil/Stridex, After Shave Lotion, Perfume, Batteries, Bath Towels, ? ? ? ? ? etc.

Specialty Foods: Ice cream, chips, cookies, soda, sweets, frozen microwave snacks (burritos, pizza, etc.) convenience foods. Discard an item for bad behavior and/or deliberately exclude any or all items from your next grocery shopping. Be sure to let your child know these exclusions are a consequence for unacceptable behavior.

Services: Do not cook, drive, shop for, launder, sew, repair, problem solve or offer assistance of any kind . . . and try to appear cheerful while doing so!

Withdrawing services is the consequence. Staying angry about it will only add to the tension. Say something like "I will not drive you to the mall because you swore at me earlier today. Maybe we can try again tomorrow". Then get away from the situation so you do not get drawn into the child's anger. These passive consequences have been very effective as a starting point with confrontational kids. Try them!

Also, remove yourself from an abusive or threatening disagreement. "Acting Out" typically stops quickly when there is no audience.

The rest is up to your imagination. Some will work while some will not. Do not worry, you will feel better for having taken the action.