

Making effective rules:

Use measurable or observable behaviors that are clear:

1. 9 year-old: Jane will rinse then put the dishes in the dishwasher **NOT** Jane will clean-up after dinner
2. 13 year-old: Billy will sit at his desk quietly, doing his homework **NOT** Billy will get good grades
3. 17 year-old: Joe will mow the lawn and trim the hedge **NOT** Joe will do the gardening

Give time frames:

1. 9 year-old: Jane will rinse then put the dishes in the dishwasher *after meals*
2. 13 year-old: Billy will sit at his desk quietly, doing his homework *from 4 till 5:30*
3. 17 year-old: Joe will mow the lawn and trim the hedge *by Saturday at noon.*

Give consequences for non-compliance:

1. 9 year-old: Jane will loose TV for evening if she does not put dishes in washer after meals; if she still refuses, Jane will loose TV for three days.
2. 13 year-old: For every minute Billy is not doing his homework, he will do 2 minutes of yard-work on weekends. Additionally, he will be on restriction from all forms of entertainment (computer, TV, phones, video-games, I-Pod, etc.) as well as going out or having friends over for the remainder of the evening or until he completes his work.
3. 17 year-old: Joe will loose driving privileges for weekend if lawn/ hedge are not complete. For every minute-late lawn/hedge is not completed, Joe will also owe parents 2 additional minutes of labor the following day.

Decide which authority figure will hold the child accountable:

1. Both parents will not excuse Jane from dinner area until dishes are put in washer; both will state the consequence for non-compliance and also make sure she does not have TV access.
2. Mom will make sure Billy is at his desk and quiet - she will also check homework at the end to make sure he did it. If he refuses, she will remind him of the consequence and enforce until he complies.
3. Dad will check lawn/hedge Saturday at noon and enforce consequence for Joe as well as keeping track of time if the job gets done late. Dad and mom will choose what extra work will be done the next day when applicable.