



The Benefits of Rules and Routines

Additional resources, skills, and strategies for parents are available at no cost through the online Thrive Initiative programming. Visit the Thrive website <https://thrive.psu.edu>, and sign up today!

Setting Limits and Expectations

When setting limits and expectations, be **clear**, **concise**, and **consistent**!



Model the behavior.



Give step-by-step instructions.



Provide a time for when the expectation must be met.



Check for understanding.



Reinforce compliance and effort.



Adjust the task as the child's abilities grow.



Limit Screen Time



During meals, turn off electronics.



Provide access to play spaces, board games, and art supplies.



Make electronics less convenient.



Set time limits and monitor usage closely.



Serve as a role model.

Physical Activity

Encourage 60 minutes of physical activity daily!

Benefits



Better sleep.



Improved health.



Improved mood.



Increased energy.



Increased self-esteem.














Regular Family Meals

Spend time together eating healthy meals!





Benefits

-  Improved family cohesion.
-  Increased in academic performance.
-  Decreased risky behaviors like substance use, sexual activity, and violence.
-  Decreased depression.
-  Healthy weight.

School Involvement

-  Establish a time for homework.
-  Create a study space.
-  Review homework.
-  Participate in school activities.

Benefits






-  Increased academic confidence.
-  Increased organizational and planning skills.
-  Increased school engagement.
-  Increased academic performance.









Household Responsibilities






Meaningful family contributions!

-  Keep tasks simple.
-  Give clear instructions.
-  Don't expect perfection.
-  Offer praise and encouragement.
-  Show gratitude.





Benefits

-  Builds skills.
-  Increased self-esteem and self-reliance.
-  Increased responsibility.
-  Increased connection.

Consistent Bedtime

-  Children need about 10-11 hours of sleep.
-  Avoid caffeine.
-  Keep technology items out of the bedroom.
-  Start the bedtime routine about an hour before sleep.
-  Include rituals like a bath or reading together.

Benefits

-  Increased family bonding.
-  Better rest for the mind and body.
-  Improved health.
-  Decreased power struggles.