

Family Activity Time Series: Teaching Rules

Did You Know?



Did you know that teaching your child about rules prepares them for kindergarten, helps to keep them safe, and can guide their behavior at home? Rules help children to know how to act in different situations.

Books that Teach Rules

Read books aloud often with your child. Quiet time together with a book creates a special time for you and your little one. It also promotes school readiness skills. Here are some recommendations for books that teach children about rules.

- *Howard B. Wigglebottom Learns to Listen* by Howard Binkow
- *What if Everybody Did That?* by Ellen Javernick
- *Bella's Rule* by Elissa Haden Guest

At Home

Make a list of family rules together. Here are a few examples of household rules: clean up toys, use walking feet, be kind. Decorate and display your family rules where your child can see them. Find tips for creating rules [here](#).

While You Are Out

In the grocery store: Play Simon Says to teach your child rules for behaving at the store. You can say, “Simon says, ‘Walk beside the cart,’” or “Simon says, ‘Keep your hands at your side.’”

In waiting rooms: State a simple rule. Ask your child to tell you where they would follow that rule. For example, “Use your indoor voice” is a rule for your home or school. “Look both ways before crossing a street” is a rule for walking to the park.

In the car or bus: Talk about the rules you are following as you travel. Discuss why you stop at a stop sign or why the speed limit is lower in a school zone.

School Readiness Matters

Learning to follow rules is an important skill to prepare your child for school and life. For more information on how you can develop your child’s ability to follow rules, please take a moment to check out the following materials:

[Let’s Play a Game, a fun way to teach children about rules](#)
[8 Proven Ways that Teach Children to Respect Safety Rules](#)
[Additional children’s books to teach safety rules](#)