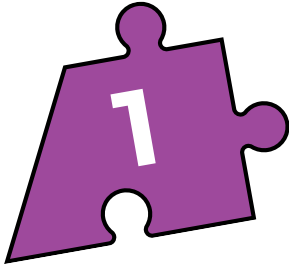


Program Three: Proactive Discipline



Part 1: Establishing Household Rules, Routines and Healthy Lifestyles

Refrigerator Notes and Handouts



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Part 1: Establishing Household Rules, Routines & Healthy Lifestyles

HOME ACTIVITIES FOR THE WEEK



To Do:

SET UP A REGULAR ROUTINE. Using one of the Buzz sheets for afterschool, morning or bedtime to determine your specific morning or evening or after school routine. (Bring plan to next session.)

COMPLETE the household rules handouts to establish some of the important rules in your household. Explain these to your children and post.

ESTABLISH a household chore for your child. (see Household Chores handout)

CONNECT WITH YOUR BUDDY to talk about your bedtime or morning or after school routine.



To Read:

Refrigerator Notes and review Chapter 7, *Limit Setting*, and Part 3: Problem 1 Screen Time in **The Incredible Years** parent book or audiobook.



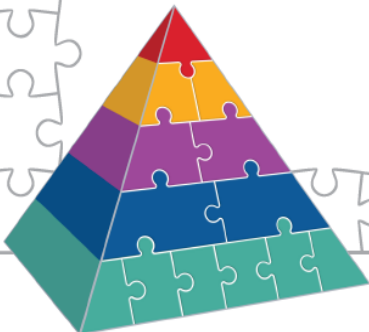
REMEMBER TO CONTINUE PLAYING!



REFRIGERATOR NOTES

MAKING MEALTIMES ENJOYABLE

- Involve your child in food shopping, meal planning, preparation, & cooking.
- Set up a predictable routine for mealtimes at a scheduled time each day.
- Offer a transition time before dinner that includes washing hands or setting the table.
- Try to make mealtimes a relaxed and fun time for your child.
- Eliminate distractions during mealtimes such as TV, video games or phone use during meals.
- Provide your child with a choice of healthy foods to allow for independent decision making.
- Introduce one new food at a time in a small amount; for example, offer the new food along with your child's favorites.
- Try to offer a meal with at least one food choice you know your child likes.
- Offer child-size portions—which is much smaller than adult portions.
- Don't expect your child to like a whole lot of foods—let your child make their own decisions on the food they choose to eat. Forcing your child to eat will only make your child more stubborn and less open to new foods in the future.
- Ignore complaints about food and refusals to eat and praise what your child does eat.
- Compliment others at the table who are eating and using polite manners.
- Be a role model by eating healthy food yourself and talk about what you are eating – its texture, color, shape, size & benefits.
- Talk about food and family traditions and use mealtime as a chance to have conversations.
- Don't expect your child to sit for a long time at the table.
- Once your meal time has ended, avoid giving your child unhealthy snacks between meals.
- Use books and pretend cooking play to encourage discussions about healthy eating and mealtime rules & routines.



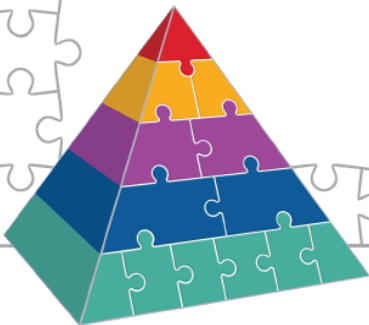


REFRIGERATOR NOTES

ROUTINES FOR HANDLING SEPARATIONS

Most children will have mastered separation anxiety by three years; but temporary episodes of separation anxiety are normal. Children vacillate between wanting to be independent and needing the security of a parent. Especially if your preschooler is shy or timid, you will find that helping your child cope with separations will result in a more secure and confident preschooler. But don't worry, there are still many years left before independence is fully achieved.

- Let your child know you are leaving in a predictable, routine way—don't sneak away to avoid a tantrum or lie about where you are going, as this will only increase your child's insecurity.
- Say good-bye briefly with a hug and say something positive about your expectations for your child's time away from you. Reassure them in a positive way that they will have a good time while you are gone and that they are safe.
- Encourage your child's growing independence.
- If you are leaving your child at preschool, let them know when you will see them again, when they will be picked up and by whom.
- If you are leaving them at home, let them know who will be taking care of them and when you will be back. For example, *"Grandma is coming to play with you tonight while I go out for dinner. I'll be home after you are in bed, but I'll come in and kiss you good night."*
- When you leave, avoid giving too much attention to the child's normal protests.
- When you return, greet your child with love and joy – let them know you are happy to see them.
- Give your child some transition time to move from their current play experience to leaving with you.
- Some children enjoy having a transitional object that reminds them of their parents. This might be a special piece of jewelry or a trinket that belongs to mom or dad, a picture, or some other object that has special associations.





REFRIGERATOR NOTES

Promoting Your Child's Healthy Media Diet (2 to 6 years)

Excessive screen time can affect a child's development, impacting friendships, physical fitness, sleep, and even their interest in reading and school success, and can increase children's aggressive behavior. Here are some tips to help your child develop healthy screen time habits, while minimizing negative effects.

1. Set Screen Time Limits

- **Under 2 years:** Discourage screen time.
- **Ages 2-5 years:** limit to one hour/day of high quality programming
- **Ages 6-12:** limit to 90 minutes/day

2. Monitor Content

- Use Websites such as Common Sense Media <https://www.commonsensemedia.org/> to choose age-appropriate content.
- Take an active role in your children's media education by watching TV programs with them and participating in their computer games to discuss characters, behaviors, and the messages portrayed, especially during commercials.

3. Keep all screens in Common Areas

- Put devices in shared spaces so that it is easy to monitor or track your child's screen time use.
- Set and enforce daily screen time limits and reward your child for healthy viewing habits and following the screen time rules.

4. Create a Screen-Free Bedtime Routine

- Avoid screen time 1 hour prior to bedtime.
- Keep computers, smartphones or TVs out of your child's bedroom to promote better sleep.

5. Balance Screen Time with Other Activities

- Encourage physical activity, reading or some other social play time.
- Designate family "screen free" times or days to foster meaningful connections.

6. Model Healthy Habits

- Set a positive example by modeling healthy screen time habits



See <https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx> for a tool developed by the American Academy of Pediatrics to create your own family media plan.



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REFRIGERATOR NOTES

Promoting Children's Healthy Lifestyle and Well-Being

- **Promote Daily Physical Activity:** Encourage your children to be active every day by offering a variety of fun options during child-directed play. Activities like tag, Frisbee, jumping rope, swimming, dancing, soccer, or even walking to the park can help them enjoy movement. Participate with them to make it more fun, and emphasize how these activities keep our bodies strong and capable.
- **Focus on Healthy Choices, Not Weight:** Avoid making comments about weight - whether yours or your child's. Instead, focus on healthy choices that support strong bodies and an active lifestyle. For example, you can say, *"These exercises help keep us strong so we can play, climb, dance, and have fun!"* This helps children develop a positive relationship with their bodies.
- **Limit Screen Time:** Set a limit of no more than 1 hour of screen time for children over 2 years of age.
- **Offer Healthy Snacks:** Provide nutritious snacks such as fruits, vegetables with yogurt or hummus, or whole-grain crackers. Limit snacks that are high in fat, sugar, or salt. Encourage your child to enjoy meals and snacks at regular times instead of constant grazing, which helps them develop better eating habits.
- **Moderation with Treats:** Offer "treat" foods in moderation. Instead of banning sweets completely, help children learn how to enjoy them in reasonable amounts. For example, say, "It's okay to have a small treat today, but tomorrow we'll focus on healthy foods again." This teaches them balance.
- **Serve a Variety of Healthy Foods:** At mealtimes provide a variety of nutritious foods including fruits and vegetables, whole grains, lean meats. This exposes children to different tastes and textures, helping them develop a preference for a wide range of healthy foods. Avoid foods high in trans fats and saturated fats.
- **Encourage Self-Serving:** Allow your child to serve themselves at mealtimes. Don't force them to clean their plate, but do encourage them to have more of healthy foods they enjoy. This helps children learn to listen to their hunger signals and eat according to their needs.





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REFRIGERATOR NOTES

Promoting Children's Healthy Lifestyle and Well-Being (continued)







- **Avoid Restrictive Diets:** Do not put your child on a weight-reduction diet unless supervised by a physician. For most young children, the focus should be on maintaining their current weight while continuing to grow taller and stronger.
- **Encourage Healthy Beverages:** Offer water or low/non-fat milk as primary beverage options. Limit sugary drinks like soda and juice, which provide little nutritional value. This helps children develop healthy hydration habits.
- **Make Family Meals Special:** Establish predictable family meals where everyone can talk and enjoy food together. Make mealtime a “no-screen” time, so everyone can engage in conversation and bond over the meal. This fosters healthy relationships with food and family.
- **Involve Children in Meal Planning:** Let your children participate in food planning, shopping, and meal preparation. This involvement gives them a sense of ownership and encourages them to try new foods. It also helps them understand where food comes from and the importance of balanced eating.
- **Communicate with Caregivers:** If your child is in childcare, make sure caregivers are promoting healthy eating habits and limiting junk food. Regular communication ensures that everyone is on the same page when it comes to supporting your child's health.
- **Be a Positive Role Model:** One of the most powerful ways children learn healthy habits is by observing you. Model healthy behaviors by staying physically active, eating nutritious foods, enjoying family meals, and talking positively about your own healthy body. Your actions will inspire them to do the same.

Brainstorm/Buzz: Benefits and Barriers to Setting Up Predictable Routines

1. What are the benefits for your child to setting up predictable routines?
2. What gets in the way of setting up predictable routines or makes it difficult?

Write down the benefits of predictable routines for your child and your difficulties in doing it. See if you can find any solutions to your barriers to setting up predictable routines.



Benefits of Setting Up Predictable Routines for My Child	Difficulties in Doing This
<p><i>Morning Routine</i></p> <p><input type="checkbox"/> Put on clothes. </p> <p><input type="checkbox"/> Make the bed. </p> <p><input type="checkbox"/> Eat breakfast. </p> <p><input type="checkbox"/> Brush teeth. </p> <p><input type="checkbox"/> Wash face and hands. </p> <p><input type="checkbox"/> Get school bag and lunch. </p> <p>Routine Chart</p>	
<p>Goal:</p> <p>I will commit to:</p>	




Brainstorm/Buzz: Benefits and Barriers to Promoting Healthy Eating Habits



1. What are the benefits for your child for promoting healthy eating habits?
2. What gets in the way of promoting healthy eating habits or makes it difficult?



Write down the benefits of promoting healthy eating habits for your child and your difficulties in doing it. See if you can find any solutions to your barriers to promoting healthy eating habits.


Benefits of Promoting Healthy Eating Habits for My Child	Difficulties in Doing This
	
<p>Goal:</p> <p>I will commit to:</p>	

Brainstorm/Buzz: Benefits and Barriers to Children Having Chores

1. What are the benefits for your child for having chores?
2. What gets in the way of promoting children having chores or makes it difficult?

Write down the benefits of promoting your child having chores and your difficulties in doing it. See if you can find any solutions to your barriers to promoting children having chores.



Benefits of Promoting Chores for My Child	Difficulties in Doing This
	
<p>Goal:</p> <p>I will commit to:</p>	

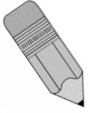


Brainstorm/Buzz: Establishing Household Rules

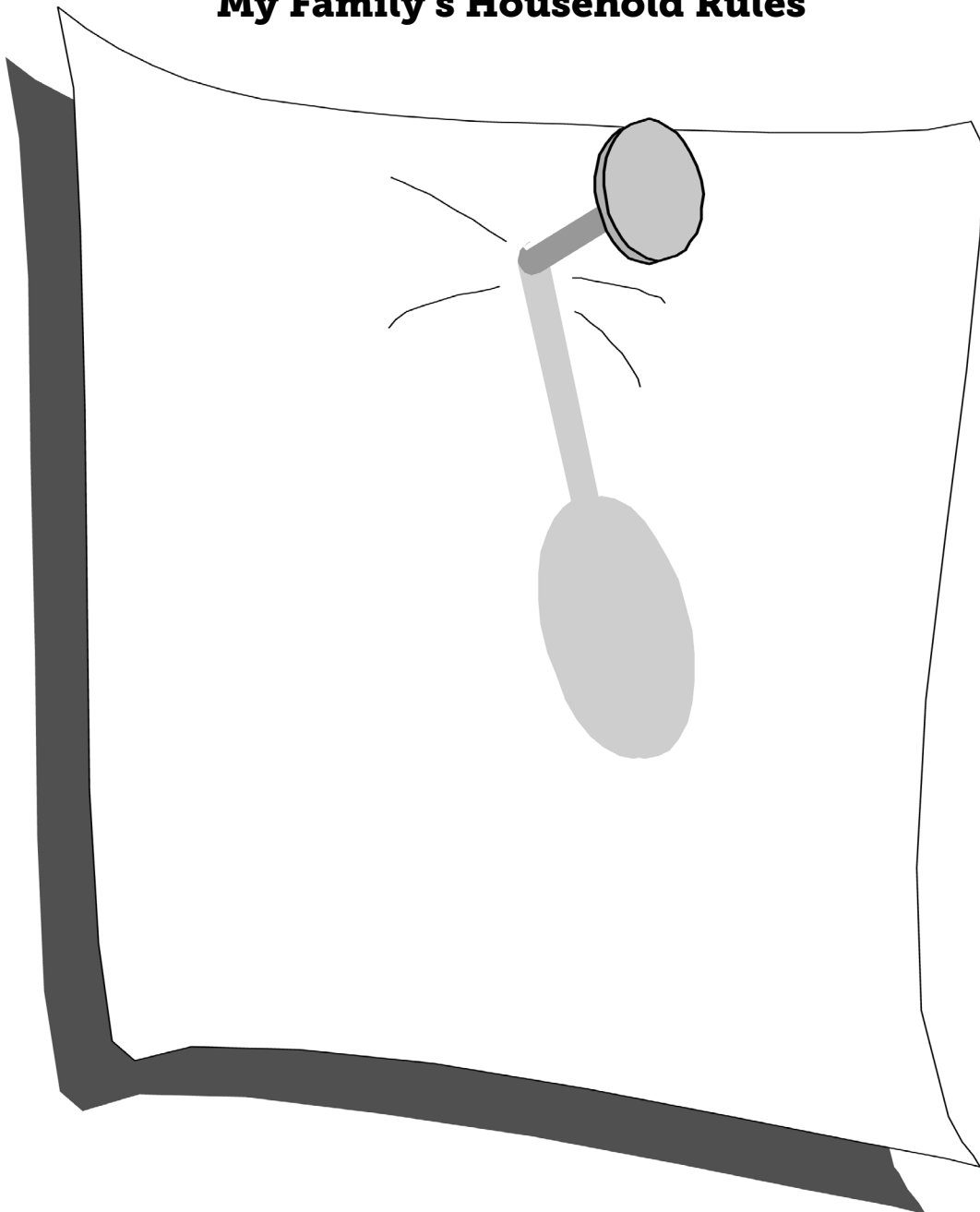
Every home needs a limited number of “house rules.” Make a list of 5-6 non-negotiable rules. If the list gets too long, no one will remember the rules.

Some examples:

1. Bedtime is at 8:00 p.m.
2. No hitting allowed.
3. A seat belt must always be worn in the car.
4. Bicycle helmet must be worn when riding bike.
5. One hour of TV or computer per day.



My Family's Household Rules



Brainstorm/Buzz: Our Family Routines

Morning / Drop-Off at School or Daycare

Write out your morning routine, or your routine for leaving your child at daycare.



Our Morning Routine

Morning Routine

- ☐ Put on clothes. 
- ☐ Make the bed. 
- ☐ Eat breakfast. 
- ☐ Brush teeth. 
- ☐ Wash face and hands. 
- ☐ Get school bag and lunch. 

Routine Chart



Brainstorm/Buzz: Our Family Routines

After School or Bedtime Routine







Write out your bedtime or after-school routine.

Our After School or Bedtime Routine



Bedtime Routine

- ☒ Put toys away. 
- ☒ Put PJ's on. 
- ☒ Snack. 
- ☒ Brush teeth. 
- ☒ Wash hands and face. 
- ☒ Story!!! 
- ☒ Staying in bed. 
- ☒ Bedtime is at ____ p.m.

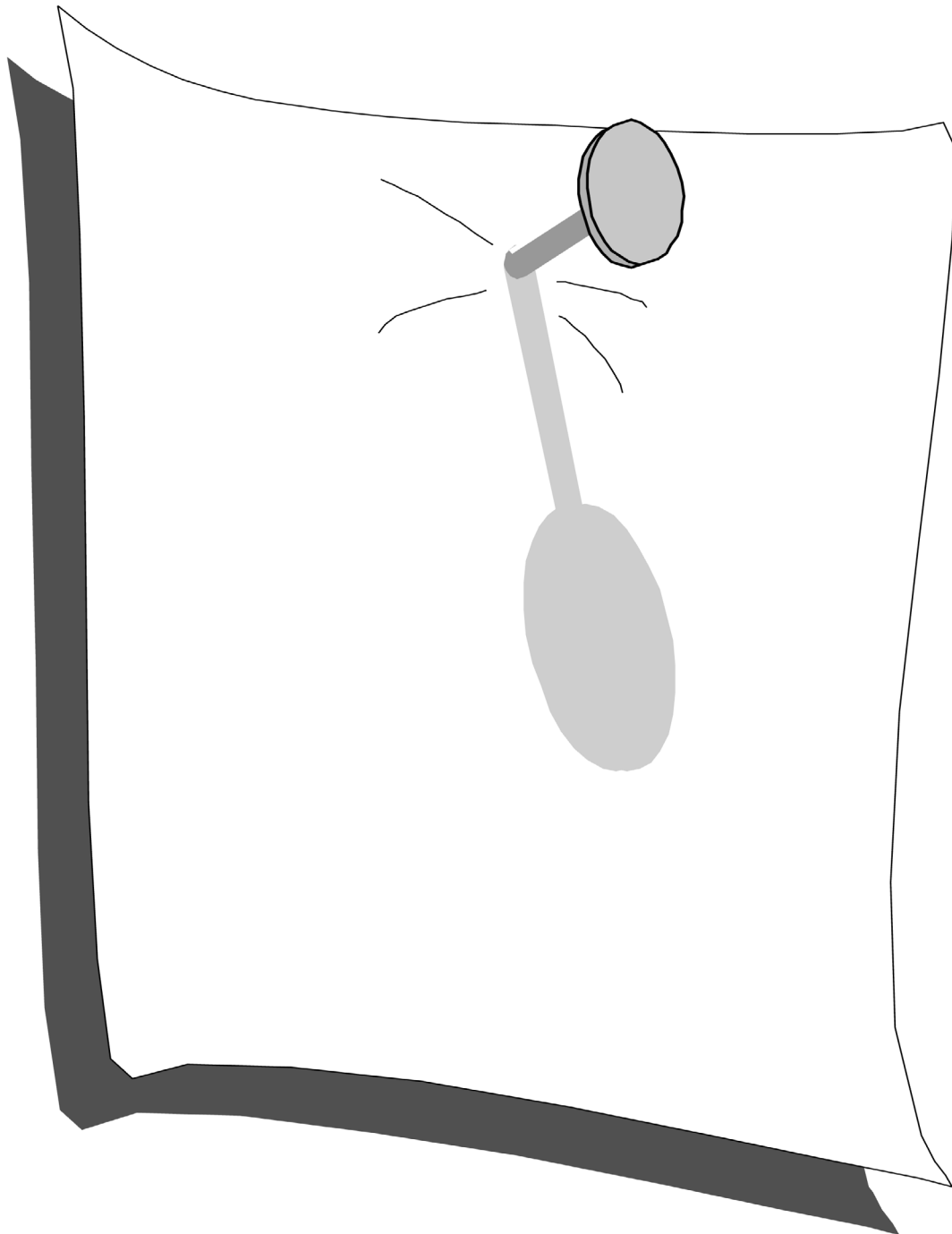
Brainstorm/Buzz: Household Chores for _____

Some examples:

1. Feed dog
2. Set table
3. Empty dishwasher



My List of Household Chores



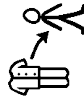
Example After School Routine

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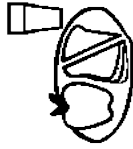
Hang up coat.

☐

Change into home clothes.

☐

Snack!!!

☐

Check book bag

☐

Do homework

☐

Routine Chart



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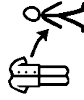
Example After School Routine

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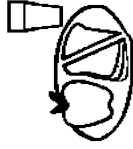
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Change into home clothes.

☐

Snack!!!

☐

Check book bag

☐

Do homework

☐

Routine Chart



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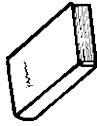
Cleaning My Room

☐

Put dirty clothes in the laundry basket.

☐

Put books on the shelf.

☐

Put games in the cupboard.

☐

Make the bed.

☐

☐

☐

Routine Chart



The Incredible Years®

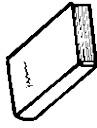
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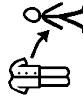
Routine Chart



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Morning Routine

☐ Put on clothes.



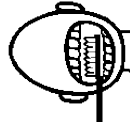
☐ Make the bed.



☐ Eat breakfast.



☐ Brush teeth.



☐ Wash face and hands.



☐ Get school bag and lunch.

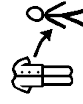


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Routine Chart

Morning Routine

☐ Put on clothes.



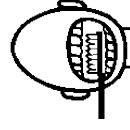
☐ Make the bed.



☐ Eat breakfast.



☐ Brush teeth.



☐ Wash face and hands.



☐ Get school bag and lunch.



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Routine Chart

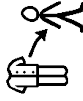
Bedtime Routine

☐

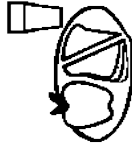
Put toys away.

☐

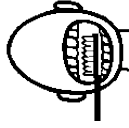
Put PJ's on.

☐

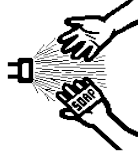
Snack.

☐

Brush teeth.

☐

Wash hands and face.

☐

Story!!!

☐

Staying in bed.

☐

Bedtime is at ____ p.m.

Routine Chart



Bedtime Routine

☐

Put toys away.

☐

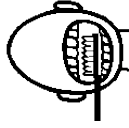
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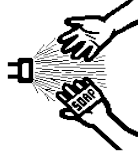
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Brush teeth.

☐

Wash hands and face.

☐

Story!!!

☐

Staying in bed.

☐


Bedtime is at ____ p.m.

Routine Chart




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Routine Chart

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Routine Chart

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