

The DWP Home-School Connection

“Creating Family Rules”



We are excited to bring you **The DWP Home-School Connection** each month as a way for your family to connect with the 15 skills of Discipline With Purpose (DWP) and reinforce what your children are learning at school.

Our Lady of Perpetual Help Catholic School has only three rules that everyone in the school community follows: #1 Respect Yourself, Others, and Things, #2 Contribute to the Learning Environment, and #3 Follow All Classroom and School Procedures. These can be found on pages 5 & 6 of the student handbook. These rules are then adapted to each individual classroom, in the nurse’s office, in the Ramada, etc. They are the same three rules, but the rules look and sound different in different environments. We call the descriptions of what the rule looks like and sounds like, cues for behavior. The descriptions are a cue, or reminder, to help students remember what the appropriate behavior is.

We believe that these three rules are good rules for life. They can find these rules in use at their home and even in their work place some day. That is what the Home-School Connection is about this month; to help kids understand that the rules apply in their lives, not just at school. They are the same three rules, but they will look and sound different at home or on the job.

We are asking your family to complete this activity at home and see what a difference it might make in your family. With a new season upon us, we think that the beginning of the school year is a great time to review your family rules and maybe to put in writing some of the unwritten rules that we operate from in our homes. Children need clear and concise expectations about what behavior is acceptable. Oftentimes, kids don’t follow the rules because they have a different idea in their mind than the parent does about what that rule looks like. For example, if a rule in your family is to clean up after yourself (Contribute to the Household), the child might think that means to clear your own dirty dishes off the table and put them on the counter by the sink. The parent might think that means to clear your own dirty dishes off the table, rinse them in the sink, and then put them in the dishwasher. The child thinks he is following the rule, but the parent may be frustrated that the child is not truly cleaning up after him/herself.

By doing this activity as a family, it will be a great opportunity for you to clarify what is expected in your home (what it looks like and sounds like). The result should be more self-disciplined people and less confusion, frustration, and arguments over the family rules. This is a great opportunity for your whole family to practice the 15 self-discipline skills at home. We have attached a sample chart for you to look at as well as a chart of the 15 DWP Skills to hang on your refrigerator. Blank T-charts and the 15 DWP Skills chart are also available for printing or saving from the “Resource” section on the OLPH School website, DWP page. We have also posted the T-Chart in a Microsoft Word version if you would like to edit the T-charts with your family name.

Please complete the **DWP Home-School Connection Activity** by **October 12th**. The activity will be **discussed in your child's classroom** some time during the **week of October 13th**.

Steps:

1. Gather the family.
2. Gather supplies: pen/pencil, T-chart
3. Read the directions.
4. Look at the examples.
5. Look at Rule #1- Respect Yourself, Others, and Things. Discuss and decide, as a family, what it looks and sounds like and what it doesn't look and sound like. Record the 3 most important cues that your family needs to be reminded of on the T-chart.
6. Look at Rule #2- Contribute to the Household. Discuss and decide, as a family, what it looks and sounds like and what it doesn't look and sound like. Record the 3 most important cues that your family needs to be reminded of on the T-chart.
7. Look at Rule #3- Follow Home Procedures (procedures are "how you do things at home in your family" i.e. getting ready for work/school). Discuss and decide, as a family, what it looks and sounds like and what it doesn't look and sound like. Record the 3 most important cues that your family needs to be reminded of on the T-chart.
8. Post the rules in a visible place in your home, i.e. the refrigerator.
9. Congratulate each other on a job well done!
10. Visit OLPH website to register participation. Click DWP link.

Suggestions:

- o List no more than 3 cues under each rule at a time.
- o Once your family doesn't need a particular cue anymore, celebrate your success, and take it off the T-chart. Then decide what new cue needs to go on the T-chart.
- o Have older children lead this process with your family.
- o Post the 15 DWP Skills (included in this packet) in a visible place in your home, i.e. the refrigerator.

Please register your participation on the website. We would like your feedback to determine if these activities are helpful to you. Visit the DWP page of the OLPH website and click the "Register your Participation" link.



Sample House Rules

Rule #1 Respect Yourself, Others, and Things

<i>Looks/Sounds Like</i>	<i>Doesn't Look/Sound Like</i>
Responding in a polite manner to parents, sibling Etc.	Shouting, arguing, or whining
Putting things away after you use them	Leaving things out or leaving a mess
Knocking on doors before entering a room	Barging in to someone else's room
Asking before borrowing siblings belongings	Taking things without permission

Rule #2 Contribute to the Household

<i>Looks/Sounds Like</i>	<i>Doesn't Look/Sound Like</i>
Making your bed after you get up	Leaving your bed undone all day
Putting clothes away in drawers, closets or hampers	Leaving clothes on floor
Picking up dirty dishes, rinsing them, and placing them in the dishwasher	Leaving dirty dishes on table or sink
Feed and water pets	Pets with empty water and food bowls

Rule #3 Follow Family Rules and Procedures

<i>Looks/Sounds Like</i>	<i>Doesn't Look/Sound Like</i>
Asking permission and supervision to go online supervision	Going online without permission or
Turning off lights, TV, or etc. when not in the room room	Leaving lights, TV, or etc. on when not in
Responding to parents the first time your called or asked to do something	Ignoring parents' calling or requests

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<i>Looks/Sounds Like</i>	<i>Doesn't Look/Sound Like</i>