



HOME ACTIVITIES FOR THE WEEK



To Do:

- **TALK ABOUT** your household rules with your children.
- **USE** the *Household Rules* handout to establish some of the rules you think are most important regarding TV or computer time and homework. Write these down on the household rules handout and bring the list to the next meeting.
- **SET UP A REGULAR ROUTINE** after school. Write it down and discuss with your children. Post it where children can see it (where, when, and with whom homework will take place. Bring plan to next session.)
- **IMPLEMENT** a household chore for your children. Write it down on the chore handout and explain to your child.
- **CALL** a group member to talk about household rules.



To Read:

Handouts and review Chapter Four, *Limit Setting*, and Chapter Nine, *Helping Children Learn to Regulate their Emotions in The Incredible Years*

Caution: Remember to continue special time!