



Mental Health Association of Northern Kentucky

A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS

EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND
NATIONAL MENTAL HEALTH ASSOCIATION

513 Madison Avenue, 3rd Floor Covington, KY 41011 859-431-1077 or www.mhanky.org

Parenting Techniques **10 Tips for Making Home Rules That Work**

1. Set aside a time and place to discuss family policies. Good decisions are not made on the run or when one partner is distracted.
2. Focus just on the problem at hand. Delving into side issues will only distract you from the main business.
3. Take turns discussing the your feelings about the issue. As your partner talks, try to understand his or her concerns.
4. When brain storming for solutions, don't criticize your spouse's suggestions, no matter how outrageous they seem.
5. Evaluate the feasibility of all the solutions, and then pick your top choices together. Look for common elements and points that you can agree on.
6. Decide on a policy that pleases both of you.
7. Agree on methods of implementation. Which of you is going to enforce what, and when are you going to do it.
8. Agree on the time frame for initiating the policy.
9. Schedule a meeting one week from the day you institute the policy so that you can discuss how it's working and whether to renegotiate or make adjustments.
10. Continue to set aside a regular time for weekly discussions, during which you and your partner can reflect on how you're doing as parents. This not only provides a chance for you to bring up concerns but also keeps the two of you from slipping into old patterns.