

# Help your child understand why it's important to follow rules

One of the ways kids show respect is by following rules. This is easier for children to do if they understand why rules are important.

In addition to explaining the reasons for specific rules, you can:

- Play a game without rules. After a while, stop and talk about how things are going. Then play with rules and see which way is better.
- Imagine a world without rules. Talk about what would happen if people could steal ... if kids could talk in class ... if drivers could run red lights. What would that be like?
- Encourage your child to be a leader. Being a student council member or crossing guard, for example, will give him experience making and enforcing rules.
- Let your child play a team sport. He'll learn the benefits of following rules and working together.
- Praise your child for obeying rules. You might say, "Thanks for getting up on time. Now we can eat breakfast together." This encourages him to keep respecting rules.

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