



3. Controlling the Environment

Parents set the table by setting the tone.

Stability and structure are necessary components in a healthy home.

House rules are key to setting realistic expectations.

- ✿ How do you feel your “table” is set at your house for your children?

- ✿ What areas would you like to see things done differently?

- ✿ What is your role in making those changes?

- ✿ Is the structure present in your home meeting the needs of all the family members? If not, what could you do differently to improve this area?

Action Step

Take some time to look over the house rules handout and come up with your own house rules. Have a family meeting so that you can include everyone in the decisions.

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