

Pyramid Model

Strategy of the Month

OUR RULES

What are classroom rules?

Rules are the guidelines for all child and adult behavior in our center. All of our classrooms follow the same rules- **We keep ourselves safe. We keep each other safe. We keep our school safe.**

How does your child use this strategy?

The rules are posted in each classroom and the children and teachers review these rules each day. They talk about what each means in the context of the activities of the day. They practice defining what "safe" behavior is and is not and what will happen when they do (and don't) follow the rules.

The "THREE SAFES" are open ended rules that are adaptable to all environments and situations. They allow for teachable moments and personal and group responsibility.

Adults phrase their behavioral expectations for children positively. Telling a child *WHAT IS* expected helps them know how they should act and does not give them any suggestions for the inappropriate behavior. For example: Saying to a child, "use your walking feet" rather than saying, "Don't run!" helps the child know what they should do and does not give them any ideas about the unwanted behavior [we don't want them to think: "running?!? ohhh, that sounds like fun, let's run!"]

How does it help support their social-emotional development?

Clearly defining expectations helps children learn how to behave appropriately. Being able to control impulses, regulate ones self, and follow directions supports school readiness and success.

How can you try this at home?

Establish a few, simple, positively stated rules for your home and family. Post the rules for all to see. Refer to the rules when you are talking with your child about your expectations for their behavior. Feel free to use and adapt the "Three Safes" with your child at home and in the community, help them understand how you define "safe" in each situation.

Ask your child's teacher more about rules and how you can use this strategy with your own child!