Practice Rules in Different Places

Notice the setting and practice the behavior expected there.

Helps Your Child Grow



Emotional & Behavioral Self-Regulation

Learning the rules for different places and practicing them in daily life helps your child follow expectations with adult support and adjust their behavior to the setting.

Steps

- Public settings can be easier when your child knows what behavior to expect. Try these approaches before and during an outing.
- Before visiting a place, talk about the behavior expected there. For a familiar place, ask what your child remembers. For a new place, state the rule clearly - for example, “We use quiet voices in the library.”
- If your child forgets and speaks loudly, move to their eye level, restate the rule calmly, and invite them to try the same message in a quieter voice. This lets them experience that a quiet voice still works.
- When you see signs such as “Caution: Wet Floor” or “No Running,” explain what they mean and how the sign relates to the place.
- At home, pretend one room is a library or another public setting and practice the expected behavior together.

Tips

- Your example can make a rule easier to understand. Use a quiet voice in the library, wait your turn in a line, and respect the people around you. Showing the behavior in context is often more effective than repeating reminders.

Observations

- ◯ Adjusts their behavior to the setting after a reminder from you
- ◯ Follows the rule shown on the sign