

Same-page house rules card

When parents, the helper and grandparents give the same answer, children stop testing each adult in turn. Agree what the rule is, what every adult says and what every adult does, then stick this on the fridge. Two homes? Keep a copy in each.

Our family _____ Agreed on _____ Review on _____

1 Our rules, our words, our response

Write one short rule per row. "What we say" is the exact sentence every adult uses. "What we do" is the same next step, whoever is on duty.

Area	Our rule	What we say	What we do
Screen time How long, which shows or apps, where devices charge, what happens when time is up			
Bedtime Lights-out time on school nights and weekends, the last drink, who does the routine			
Food and meals Where we eat, how long we sit, trying new food, no feeding in front of the TV			
Sweets and snacks Which days, how many, who may give them (including treats from visitors)			
"No" moments Hitting, throwing, running off at the carpark, rude words: the firm line for each			
Calm-down steps Where the calm spot is and the steps we take (page 3)			
Our own rule Homework, chores, outings or anything else your family wants on the same page			

2 Every adult who cares for our child

Mum, Dad, the helper, each grandparent, an aunt or the student-care teacher: everyone who reads this card signs it, so nobody is the "fun one" or the "strict one".

Parent _____ Parent _____ Helper _____ Grandparent _____
 Grandparent _____ Other caregiver _____ Other caregiver _____ Our child (draw or sign) _____

The same rules in two languages

For a helper or grandparent who reads another language best. Copy each rule and each sentence from page 1 into English on the left, then write it in their language on the right, together with them. Please don't rely on a translation app: their own words are the ones they will really say.

Language _____ Written with _____ Date _____

Area	Line	English	Helper's language
Screen time	Rule		
	We say		
Bedtime	Rule		
	We say		
Food and meals	Rule		
	We say		
Sweets and snacks	Rule		
	We say		
"No" moments	Rule		
	We say		
Calm-down steps	Rule		
	We say		
Our own rule	Rule		
	We say		

2 Words worth agreeing in both languages

- ☐ "Gentle hands." _____
- ☐ "Time to stop. One more minute." _____
- ☐ "I won't let you hit. I'm here." _____
- ☐ "Let's go to the calm spot together." _____
- ☐ "You can be angry. You can't throw." _____
- ☐ "The answer is still no, and I love you." _____

Calm-down steps and hard moments

The moments children test hardest are the ones where adults most often give different answers. Agree these in advance, on a calm day.

1 Our calm-down steps

The same four steps, whoever is with the child. Change the words to suit your family.

 1 Name it "You're really upset."	 2 Calm spot Same place, adult close by	 3 Breathe Slow breaths or a drink	 4 Reconnect A hug, then try again
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2 When it gets hard

The child says "But Grandma lets me"

"We all agreed: the rule is the same with everyone."

A visitor offers sweets or a phone

"Thank you. We're keeping sweets for the weekend." Then offer the agreed swap.

The child lives in two homes

Each home can keep its own rules. Agree the few that must match, such as bedtime and screens, and say: "At this home, the rule is..."

A meltdown in public

Move somewhere quieter, keep the same words, and leave if needed. Nobody needs to give in to stop the crying.

The child plays one adult against another

"Let me check with the other grown-ups first." Adults check with each other before answering a new request.

3 When you disagree with us

Grandparents and helpers bring years of experience, and their views matter. If you disagree with a rule, please tell us later, away from the child, and we will talk it over and change the card if we all agree. In front of the child, we keep to the card.

4 Pocket cards for each caregiver

Cut out and keep one in a wallet or phone case: our top three rules and our calm-down words.

OUR TOP THREE RULES 	OUR TOP THREE RULES
OUR CALM-DOWN WORDS 	OUR CALM-DOWN WORDS

Pair it with: the Caregiver Handover Sheet for the daily details (naps, meals, medicines) and the Visual Routine Builder for picture charts every caregiver can follow.