



# I know what is expected of me.



Children need to know what is allowed and what is not. From birth, they are hungry for reasonable guidelines they can understand and achieve.

We look at children through grown up eyes with years of experience figuring out what is acceptable and what is not. We've learned about rules and discipline from our parents, teachers, employers, and spouses. Some approaches have worked well and others may have caused us pain or confusion.

Our children want to know what is expected of them and their behaviour. Parents, caregivers, and educators can support kids to understand natural consequences to their actions. "If I hit my friend, my friend won't want to play with me." Neighbours can encourage children in their positive, acceptable behaviour and intervene in negative behaviour in a non-threatening way. "Hi guys, do you need a bucket for picking up that glass you broke on the street?"

We are adult role models demonstrating our own self-control, social skills, our desire to learn, and our healthy lifestyles. Let's expect the best of ourselves, so we can expect the best of our children.

