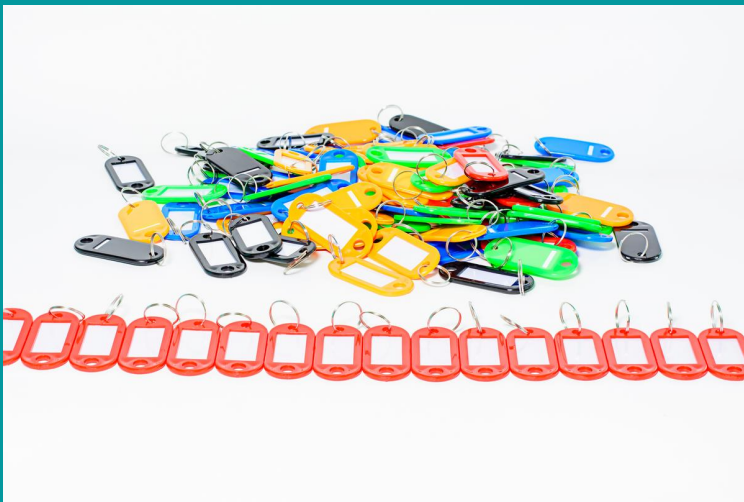


Create Your Own Keychain Rules

- Tired of repeating the same corrections to your child with autism/ADHD?
- Want a non-verbal way to remind your child of a behavior changes needed?
- Create "keychain rules" that allow you to remind your child without having to tell them in words!
- Instructions and template enclosed!



Keychain Rules Instructions

Let's face it – if we had a nickel for every time that we corrected our child with autism/ADHD for a behavior that needed improvement or an instruction that needed to be followed often, then we would be way richer than we are now!

Wouldn't it be great to be able to say just a number or hold up a finger, and your child would know that they need to improve a particular behavior or follow a specific instruction? That is the beauty of Keychain Rules! You create a set of rules (probably three to five is ideal to start with, but you can add more later when needed). You note them on small slips of paper that can easily be put onto a keychain or even stapled, tied together or taped onto a piece of cardboard. You have a set, and your child has a set.

For instance, maybe Rule #1 is to "I will use my words to answer a question." Rule #2 could be "I will not interrupt." Rule #3 may be "I will stop playing video games when my time is up." And so on, depending on what behaviors need to be addressed or what instructions your child needs to follow. Maybe they have a daily chore, and you would rather have a keychain rule than repeat again that they need to put up their clothes, brush their teeth, put dishes in the dishwasher or whichever task needs to be done. Make it a keychain rule!

Attached you will find a template to use. Just click the gray box to add your own rule. If you prefer, you can easily create your own boxes with images you would like in a Google or Word document if you prefer a different size. You could even take the completed sheet with the rules to a local copy store to have it laminated and cut the rules to size. Make sure to have enough copies for your child, you, your spouse, grandparents, caregiver and even a teacher or childcare provider. Feel free to use whichever means you prefer to keep the rules together – either by punching a hole in them and putting them on a simple key ring, using a paper clip, taping them onto a sheet of card stock, or even putting them in a baggie. Be creative!

I hope you enjoy these Keychain Rules and that they serve as a useful tool for you and your child!

Keychain Rules Template

Click on the gray box to fill in your own rules..

Example and template:



Rule #1:
I will not interrupt.



Rule #1:



Rule #2:



Rule #3:



Rule #4:

Keychain Rules Template

Click on the gray box to fill in your own rules.



Rule #5:



Rule #6:



Rule #7:



Rule #8:



Rule #9: