

**The BratBusters Behaviour Board is different because you, the parents, are also on it.** It's designed for ages three and older. Toddlers under three are all about consistent, corrective actions.

You'll want to create your **BratBusters Behaviour Board** on a big poster board, whiteboard, or other large surface and put it up in a **high-traffic area** for the entire family to see and refer to frequently.

### **Creating Your BratBusters Behaviour Board:**

#### **Step 1: Rules**

- Ensure the rules are one per person, specific, and age appropriate
- **Example:** Noah is hitting his sister, so rather than saying no hitting, we would opt for:
  - Noah (8) - no hurting sister (that includes hitting, pinching, etc.)

#### **Step 2: Consequences**

- These need to be fair, reasonable and ideally fit the crime if possible
- **Example:** Since Noah is hitting his sister, Emma, we will have him do something for her
  - Noah (8) - make Emma's bed for two days before 8:00 a.m. OR Media Blackout for 24 hours

#### **Step 3: Family Motto**

- It's the "gentle pointy reminder" to refer to if you see things may go astray. You point to the Behaviour Board and say "Remember the Family Motto."

#### **Step 4: Using Your BratBusters Behaviour Board**

- Most families like to call it their "Family Law" or "Smith (insert your last name) Law"
- Emphasize that you, the parents, are also on this board, as you're learning to be better parents for them
- Explain that it will begin tomorrow, so you let them sleep on it before it starts
- Focus on one rule per week to prevent overwhelm
- After three weeks, the plan is to have three Behavior Boards running simultaneously, with each board focusing on a different rule

### **Takeaways:**

- Consequences are all about spending quality time with your kids in their world, as that's the bonding part of the Behaviour Board that makes it all work.
- Typically results are seen one-three weeks with younger kids and three-six weeks with teenagers.
- Your leadership skills will make or break this process.