



How To Implement Rules For Your Teen Effectively



Be fair and practical when setting up consequences to ensure they are relevant to the rule being broken



Both parents should be on the same page to avoid giving the impression that one of them is easier to manipulate



Follow up with the consequences. No excuses should be allowed for breaking the rules



Be open to discussion but avoid explaining yourself



Listen to your teen's feelings and empathize with them, but make it clear that rules are rules



Mom Junction

Source: https://www.momjunction.com/articles/house-rules-for-your-teenager_00119574/