



The Parent Press

Electronic Newsletter

Programs for Parents, Inc. monthly newsletter features family focused articles and resources on parenting, health, policy, and community information.

Household Rules Help Set Expectations for Kids

Establishing household rules can help everyone in the family with boundaries. We rounded up the best family rule examples to help you create your own.

If you're like most parents, you may struggle to list your household rules off the top of your head. Although you know what behavior is acceptable (and what isn't), labeling your specific expectations may be a little tricky. That's why it's important to create a written list of household or family rules.

With a list of family rules, everyone becomes clear about expected behavior, including what is allowed and what is not. Rules also help kids feel safe and secure. When your rules are clear, you'll be less likely to get into power struggles. Your child's attempts to say, "But, I didn't know!" won't be effective when you remind them of the list of household rules.

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Family Rules Examples

A lengthy list of family rules could become too complicated and confusing, so aim to keep your list short and simple.

Implement an immediate consequence if this rule gets broken. Time-out or loss of privileges can help kids learn to make better choices. This is a good rule for parents as well as kids as you need to model appropriate behavior and anger control.

Knock on closed doors before entering

Teach kids about privacy by establishing a rule about knocking on closed doors before entering. This can help reinforce the idea that you should respect other people's space.

“Family rules give children a sense of security and provide order and peace for the family.”

Treat People and Property with Respect

These rules may include:

- Ask permission to borrow other people's belongings.
- Do not hurt anyone's body (no [hitting](#), pushing, or kicking).
- Do not hurt anyone's feelings (no [yelling](#), put-downs, or name-calling).

Family Rules Examples

Pick up after yourself

Explain what it means to pick up after yourself. Tell your child to put their dishes in the dishwasher when she's done eating. Or explain that you expect your children to pick up their toys before they get out new toys. This rule enhances household safety and cleanliness, plus develops good habits for when your children go on to live independently.

Electronics curfew

Many families establish rules about [electronics](#). While some families limit screen time to a couple of hours per day, others set rules about what time electronics need to be turned off. Setting a curfew for electronics before bedtime can help develop good sleep hygiene for both children and parents which enables you to get a [better night's sleep](#).

Make amends when you hurt someone

Teach kids to take responsibility for their behavior by creating a rule about how to respond if they've hurt someone. Sometimes an apology may be enough and at other times, you may need to institute [consequences](#).



"Family rules should include the rules that everyone in the house is expected to follow, including parents."

Family Rules Examples

Tell the truth

Stressing the importance of honesty will only be effective if you role model the behavior. If you tell your kids to always tell the truth, but claim your 13-year-old is only 12 so you can get a low cost movie ticket, your words won't be effective. Kids can't tell the difference between "white lies" and other lies so if you're going to stress the importance of honesty, show that you're honest.

Practice good dental and body hygiene

Washing hands, brushing teeth, and bathing must be done for good health. Establish these as a rule so your children develop good habits.

Attend family meetings

Holding regularly scheduled family meetings can help you review the rules, talk about schedules, and make any changes as necessary. While some families may want to schedule a meeting once a week, other families may find that meeting once a month is plenty. [Household Rules: Examples, Tips, and Ideas \(parents.com\)](#)

Tips for Creating Household Rules

Family rules should include the rules that *everyone* in the house is expected to follow, including parents. So don't include, "Bedtime is at 7 p.m.," unless you also plan to go to bed at that time. Your household rules should also be specific to your family's needs and values.

You may also find that you need to revise your list from time to time. Work together as a family to problem-solve specific issues. For example, if you're noticing that several family members aren't picking up after themselves, talk about it and see what you can do to better enforce this rule.

August Is Kids Eat Right Month

August which is “Kids Eat Right Month” is a great time to re-evaluate your family’s eating and physical activity. Parents and caregivers play a big role in children’s nutrition and health by teaching kids about healthy foods, being a good role model and making sure physical activity is a part of their daily routine. Families are encouraged to take the following steps:

- **Shop Smart** - To encourage a healthy lifestyle, get children involved in selecting the foods that will appear at breakfast, lunch or dinner table.
- **Cook Healthy** – Involve children in meal preparation with age appropriate tasks. They will learn about food and you may entice the picky eater to try something new they helped prepare.
- **Eat Right** – Sit down together as a family, enjoy a wonderful meal and the opportunity to share the day’s experience.
- **Healthy Habits** – Help kids form great healthy eating habits by setting a good example. Fill half your plate with fruits and vegetables and choose lean protein. Drink plenty of water!
- **Get Moving** – Aside from being a great way to spend time together, regular physical activity is vital in strengthening muscles and bones and it promotes a healthy body weight.

First Cases of West Nile Virus Reported in New Jersey

The New Jersey Department of Health has confirmed the state’s first human cases of West Nile virus (WNV) this year.

Two residents (ages 70+ years and <18 years) tested positive for West Nile virus neuroinvasive disease in Union and Middlesex counties with symptoms reported the first week of July. Both individuals were hospitalized and have since been discharged.

An additional report of an asymptomatic WNV-positive blood donor was reported in a Somerset County resident.



Wear EPA-registered insect repellent.

WNV cases with symptom onset in early July are earlier than what is typically seen in New Jersey, where most WNV cases occur between mid- August and mid-September. In a typical year, there are 13 human WNV infections reported. Last year, New Jersey had 14 human cases of WNV.

“This year, New Jersey is seeing higher than average West Nile virus activity earlier than expected. As mosquito season can last into October, bite prevention will be essential in protecting yourself and your family against mosquito-borne diseases like West Nile virus in the remaining summer months and into the fall,” said **New Jersey Health Commissioner Kaitlan Baston, M.D.** “This means avoiding mosquito bites through tried-and-true methods, like using insect repellants, wearing long sleeves and pants, and limiting outdoor activity during peak times for mosquito activity.”

To Protect Against Mosquito-Born Disease, Residents Should:

- Wear EPA-registered insect repellent.
- Avoid being outdoors during dawn and dusk when mosquitos are most active.
- Wear long sleeves and long pants and covering exposed skin.
- Cover cribs, strollers, and baby carriers with mosquito netting.
- Repair holes in screens to keep mosquitoes outside and use air conditioning when possible or ensure you have well-fitted screens. [Department of Health | News | First Cases of West Nile Virus Reported in New Jersey \(nj.gov\)](#)

Newark Museum of Art



August Summer Family Fun!

- ◆ Thursday, August 8, 12–5pm
- ◆ Friday, August 9, 12–5pm
- ◆ Saturday, August 10, 12–5pm
- ◆ Thursday, August 15, 12–5pm
- ◆ Friday, August 16, 12–5pm
- ◆ Saturday, August 17, 12–5pm

FREE WITH GENERAL ADMISSION TICKETS.

49 Washington Street
Newark NJ, 07102
(973) 596-6550

“Communities provide a sense of belonging, support and identity.”

Community Events

COOKING UP HEALTH

A FARE Neighborhoods™ Workshop Series

FREE Virtual Workshop

Back-to-School with Food Allergy-Friendly One-Pan Meals

Get ready for back-to-school season with allergy-friendly one-pan meals you can make in 30 minutes or less and not break your budget. Join Chef Tessa Nguyen as she cooks up bulgogi beef bibimbap, turkey taco salad, and chicken parmesan pasta. Everyone who registers gets a shopping list ahead of time.



Chance to Win a \$100 Gift Card

Wednesday, August 14, 7 p.m. (ET); 6 p.m. (CT)

Sign up at



Interested but can't attend? Be sure to register and you'll receive access to the workshop recording following the live event.

<https://tinyurl.com/bts-pan>



Questions?

Email: healthequity@foodallergy.org or call 703.563.3068



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COMING SOON!

WALK+READ MONTCLAIR

A TOWNWIDE STORYWALK FESTIVAL



This August...

Bring your family to walk and read these wonderful stories placed on paths in your favorite parks.

Storywalks are fun ways to foster early reading and hop around!

FOR MORE INFORMATION



A project of:
Montclair Public Library Foundation



Programs for Parents, Inc.

Programs for Parents is a non-profit organization that works to ensure that children get the best possible start in life. It does so by supporting children, families, and child care providers in Essex County through advocacy and action, providing education and referrals, sharing best practices and helping families access available financial resources.

Programs for Parents, Inc.

Programs for Parent, Inc.
Nayibe Capellan, CEO
570 Broad Street, 9th Floor
Newark, NJ 07102
(973) 297-1114
<https://programsforparents.org>

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Did you know there are some big wins for kids in the FY 2025 Budget?

What is the State Budget

After months of deliberation, New Jersey's Fiscal Year 2025 State Budget was officially passed by the Legislature and signed into law on June 28th, just ahead of the constitutionally mandated June 30th deadline. This annual policy measure is crucial as it dictates how the state will fund essential programs that serve New Jersey residents, including policy and funding measures that impact quality of life for children, families, and communities. This year, the budget process was notably influenced by funding constraints which challenged lawmakers, stakeholders, and advocates in their efforts to effectively allocate and advocate for limited resources. In the end, the final budget is set to appropriate \$56.6 billion in state funds and \$27.5 billion in federal funds of which will be used to operate the state for the next fiscal year.

What is in the Budget for Kids

The State Fiscal Year 2025 Budget includes several investments that impact New Jersey children. From measures to mitigate food insecurity and address mental health amongst children and adolescents to investments in early childhood education, these provisions highlight a collective commitment to investing in the development of New Jersey's youngest residents. Examples of measures in the budget that impact children and families include:

- \$482.5 million for child care enrollment-based subsidy payments
- \$124 million to fund existing public pre-k programs
- \$908 million in direct aid to schools, fully funding the school aid formula
- \$3 million for the Community Schools Pilot Program Fund
- \$7.2 million for literacy initiatives
- \$7 million for SNAP and School Meals Dual Enrollment Pilot Program
- \$924.5 million for School Breakfast and Lunch Programs
- \$23 million for Statewide Universal Newborn Home Nurse Visitation Program
- \$30 million to expand the mental health workforce and provide services for children and adolescents
- \$43 million for the NJ Statewide Student Support Services Network (NJ4S)
- \$1.5 million for Kids in Need of Defense (KIND) - Legal Services for Unaccompanied Minors

For more information on this topic, contact Shadaya at sbennett@acnj.org.



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