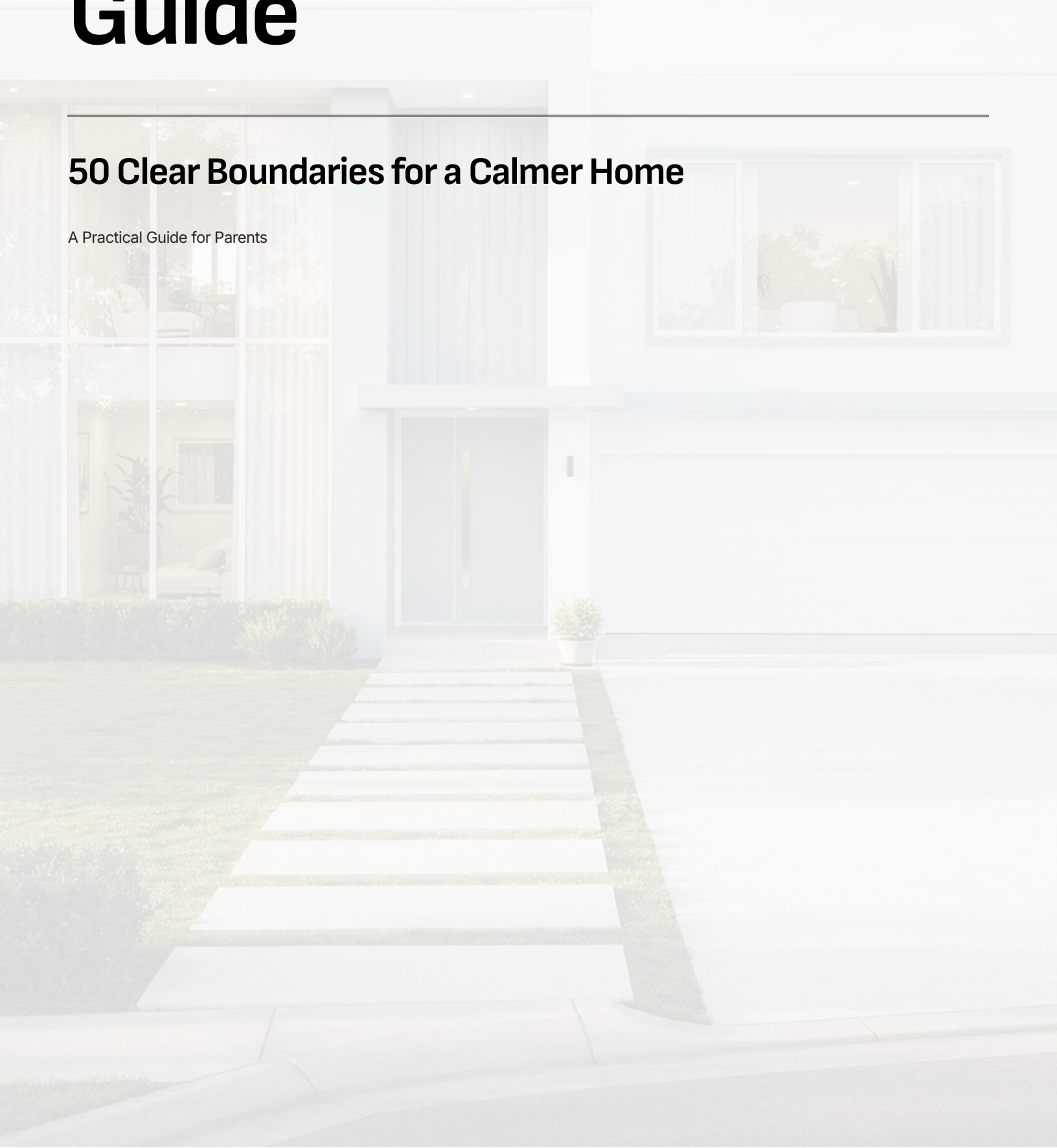


Family Standards Guide

50 Clear Boundaries for a Calmer Home

A Practical Guide for Parents



50 Family Standards Examples

Clear boundaries create calm homes. This collection gives you 50 ready-to-use family standards across five essential categories: respect, listening, screens, chores, and sibling dynamics. Each standard includes the rule, consequence, follow-through script, and earn-back path—everything you need to respond consistently when your child tests limits.

How to Use These Standards

Start Small

When implementing these standards, begin with just one or two that resonate most with your family's immediate needs. Gradual introduction ensures greater success and helps avoid overwhelming both children and parents.

Focus on consistency with the chosen standards before expanding to others.

Each Standard Includes:

- **Rule:** A clear, concise statement of the expected behavior.
- **Consequence:** A natural and logical outcome when the rule is not followed.
- **Follow-Through Script:** Practical phrases to guide parents in calmly enforcing the standard.
- **Earn-Back Path:** A defined way for children to restore privileges or trust after a consequence.

A) Respect + Backtalk (1–12)

Respectful Voice

Standard: "We speak with respect, even when we're mad."

Consequence: "Disrespect = conversation ends + privilege pauses for 2 hours."

Follow-Through: "Try again with respect or we're done talking."

Earn-Back: "Use a respectful redo and the pause shortens."

No Name-Calling

Standard: "No insults. Ever."

Consequence: "Name-calling = immediate apology + loss of device for the evening."

Follow-Through: "Not debating. Fix it or it's gone."

Earn-Back: "Repair + respectful language for 30 minutes earns it back tomorrow."

Redo Rule

Standard: "If you use attitude, you redo it."

Consequence: "Redo doesn't happen = privilege pauses until redo is done."

Follow-Through: "Redo first. Then we move on."

Earn-Back: "Redo done with respect = we reset."

Talk Back = Pause

Standard: "Backtalk pauses privileges."

Consequence: "Backtalk = 2-hour pause on fun/tech."

Follow-Through: "You're free to be upset. Respect still stands."

Earn-Back: "Respectful response earns privilege back at next check-in."

Complaints vs Requests

Standard: "We can request. We don't demand."

Consequence: "Demanding tone = automatic no for 10 minutes."

Follow-Through: "Ask again the right way."

Earn-Back: "Polite request = I'll reconsider."

Interrupting

Standard: "We don't interrupt."

Consequence: "Interrupting = you wait 30 seconds before speaking."

Follow-Through: "You can wait. I'll listen when it's your turn."

Earn-Back: "Raise hand / wait = instant reset."

Arguing After Answer

Standard: "After I answer, the conversation is done."

Consequence: "Arguing = privilege pauses 2 hours."

Follow-Through: "Asked and answered."

Earn-Back: "Drop it the first time = keep privilege."

Yelling At Me

Standard: "You don't yell at people in this home."

Consequence: "Yelling = 5-minute cool-off + device pause today."

Follow-Through: "We talk when your voice is steady."

Earn-Back: "Return with normal voice = you get a second chance."

Disrespect During Correction

Standard: "When I correct you, you listen."

Consequence: "Pushback = immediate pause of privilege until listening happens."

Follow-Through: "Listening first. Opinions later."

Earn-Back: "Repeat back what you heard = reset."

Shut Up / Eye-Rolling

Standard: "No 'shut up.' No mocking."

Consequence: "Mocking = immediate apology + 24-hour privilege pause."

Follow-Through: "That line costs you."

Earn-Back: "Apology + respectful day earns it back tomorrow."

Threats

Standard: "No threats."

Consequence: "Threats = supervised separation + loss of gaming today."

Follow-Through: "We don't talk like that. Step away."

Earn-Back: "Use words instead of threats."

Respect Reset Phrase

Standard: "When I say 'Reset,' you reset your tone."

Consequence: "No reset = privilege pause."

Follow-Through: "Reset now or it pauses."

Earn-Back: "Reset on the first ask keeps privilege."

B) Listening + Follow-Through (13–22)

First-Time Listening

Standard: "We follow directions the first time."

Consequence: "Second ask = privilege pauses 2 hours."

Follow-Through: "First time was your warning."

Earn-Back: "Do it now = earn back faster."

Repeat Back

Standard: "If you say 'what?' you repeat it back."

Consequence: "No repeat back = you don't move on."

Follow-Through: "Repeat it back so we're clear."

Earn-Back: "Repeat back = instant reset."

Stalling

Standard: "No stalling."

Consequence: "Stalling = loss of choice (I choose)."

Follow-Through: "You had a chance to choose. Now I choose."

Earn-Back: "Fast action earns choice next time."

Ignoring

Standard: "Ignoring me is not an option."

Consequence: "Ignoring = device pause until task done."

Follow-Through: "Task first. Then tech."

Earn-Back: "Do it right now = quicker return."

One Reminder Rule

Standard: "You get one reminder."

Consequence: "After that = privilege pause."

Follow-Through: "Reminder used."

Earn-Back: "Do it now = we move on."

Morning Routine

Standard: "Morning routine happens without debate."

Consequence: "Delay = loss of morning screens/music."

Follow-Through: "Morning is not negotiation time."

Earn-Back: "On-time morning earns screens tomorrow."

Homework Start Time

Standard: "Homework starts at ____."

Consequence: "Late start = tech pause until done."

Follow-Through: "Start time stands."

Earn-Back: "Start on time = keep tech."

Bedtime Follow-Through

Standard: "Bedtime is bedtime."

Consequence: "Arguing = lights out + no extras tomorrow."

Follow-Through: "Not debating bedtime."

Earn-Back: "Good bedtime earns extras tomorrow."

Shoes/Leaving

Standard: "When it's time to leave, you move."

Consequence: "Slow = you lose choice privileges today."

Follow-Through: "Move now or lose choice."

Earn-Back: "Quick move earns choice next time."

Clean Up When Asked

Standard: "You clean up when asked."

Consequence: "No cleanup = toy/activity pauses."

Follow-Through: "Clean up unlocks fun."

Earn-Back: "Clean up fast = more free time."

C) Screens + Tech (23–32)

Screen Time Ends First Ask

Standard: "Screen time ends the first time I ask."

Consequence: "Arguing = screens pause until tomorrow."

Follow-Through: "You're free to be upset. Screens are done."

Earn-Back: "Turn it off fast earns tomorrow's screen time."

No Sneaking Screens

Standard: "No sneaking screens."

Consequence: "Sneaking = 48-hour screen pause."

Follow-Through: "Sneaking costs you."

Earn-Back: "Honesty for 2 days earns it back."

Device Location Rule

Standard: "Devices charge in the kitchen at night."

Consequence: "Breaking rule = device locked up tomorrow night too."

Follow-Through: "House rule. Not debating."

Earn-Back: "Follow rule all week earns trust."

Screen Time Earned

Standard: "Screens are earned after responsibilities."

Consequence: "No responsibilities = no screens."

Follow-Through: "Responsibilities unlock screens."

Earn-Back: "Finish task = screen time begins."

No Screens During Meals

Standard: "Meals are screen-free."

Consequence: "Screens at meals = loss of screen time tonight."

Follow-Through: "Meals are family time."

Earn-Back: "Screen-free meal earns full time back."

One Warning Only

Standard: "One warning for screen behavior."

Consequence: "After warning = pause until tomorrow."

Follow-Through: "Warning used."

Earn-Back: "Correct immediately = keep privilege."

YouTube/Content Rules

Standard: "Approved content only."

Consequence: "Unapproved = app blocked 24 hours."

Follow-Through: "Not negotiating content rules."

Earn-Back: "Approved choices earns access back."

Gaming Time

Standard: "Gaming ends on schedule."

Consequence: "Refusing to stop = no gaming tomorrow."

Follow-Through: "Schedule stands."

Earn-Back: "Stop on time earns tomorrow's play."

Tech Tone

Standard: "No yelling/throwing when tech stops."

Consequence: "Yelling = 24-hour screen pause."

Follow-Through: "Throwing/yelling ends screens."

Earn-Back: "Calm shutdown earns earlier return."

Phone Respect

Standard: "If you have a phone, you keep trust."

Consequence: "Trust break = phone pauses 72 hours."

Follow-Through: "Phone is earned by trust."

Earn-Back: "3 days of trust earns it back."

D) Chores + Responsibility (33–40)

Chores Before Fun

Standard: "Chores happen before fun."

Consequence: "No chores = no fun/tech."

Follow-Through: "Chores unlock fun."

Earn-Back: "Finish chores = fun begins."

Half-Done Doesn't Count

Standard: "Half-done doesn't count."

Consequence: "Redo required + privilege paused until complete."

Follow-Through: "Do it right or do it again."

Earn-Back: "Complete it well = reset."

Room Reset

Standard: "Room reset happens daily."

Consequence: "No reset = no device tomorrow."

Follow-Through: "Room reset is the price of freedom."

Earn-Back: "Reset tonight earns device tomorrow."

Dishes/Trash

Standard: "Your job gets done without reminders."

Consequence: "Missed job = extra job + no screens today."

Follow-Through: "Job missed. That costs you."

Earn-Back: "Two days on time earns screens back."

Respect the House

Standard: "We take care of our home."

Consequence: "Mess left = you clean plus one extra area."

Follow-Through: "Your mess. Your job."

Earn-Back: "Clean it well = done."

Money/Allowance

Standard: "Allowance is earned."

Consequence: "Chores missed = allowance reduced."

Follow-Through: "Pay matches responsibility."

Earn-Back: "Complete all chores = full pay."

School Items

Standard: "Backpack/gear ready at night."

Consequence: "Not ready = loss of morning screen/music."

Follow-Through: "Night prep protects mornings."

Earn-Back: "Prep earns calm morning."

Whining

Standard: "No whining to avoid responsibility."

Consequence: "Whining = task still happens + no extras."

Follow-Through: "Whining doesn't change the standard."

Earn-Back: "Do it with a steady voice earns extras."

E) Siblings + Fighting (41–50)

Hands to Yourself

Standard: "Hands to yourself."

Consequence: "Hands on sibling = immediate separation + privilege pause."

Follow-Through: "Safety standard. No debate."

Earn-Back: "Safe hands for 1 hour earns next privilege."

No Bullying

Standard: "No bullying language."

Consequence: "Bullying = apology + restitution chore."

Follow-Through: "We don't treat people like that."

Earn-Back: "Repair + kind language earns reset."

Fight Ends Now

Standard: "When I say 'Stop,' it stops."

Consequence: "Not stopping = separate + both lose shared activity."

Follow-Through: "Stop means stop."

Earn-Back: "Stop first ask earns shared time back."

Ownership of Damage

Standard: "If you break it, you fix it."

Consequence: "Damage = repair/replacement plan + loss of privilege."

Follow-Through: "You own what you do."

Earn-Back: "Fix plan started = privilege returns sooner."

Taking Without Asking

Standard: "Ask before taking."

Consequence: "Taking = return item + loss of item access 24 hours."

Follow-Through: "Ask first next time."

Earn-Back: "Ask and wait earns trust."

Tattling vs Reporting

Standard: "Report safety. Don't tattle for control."

Consequence: "Tattling = you handle your own issue first."

Follow-Through: "Handle it or walk away."

Earn-Back: "Use problem-solving first."

Shared Space Rule

Standard: "Shared spaces stay respectful."

Consequence: "Disrespect in shared space = loss of shared privilege."

Follow-Through: "Respect earns shared access."

Earn-Back: "Clean behavior earns return."

Teasing

Standard: "No teasing that hurts."

Consequence: "Teasing = apology + 10 minutes of separation."

Follow-Through: "That's not funny. Fix it."

Earn-Back: "Kind play earns together time."

Physical Aggression

Standard: "No hitting. Ever."

Consequence: "Hitting = immediate separation + zero screens today."

Follow-Through: "Safety standard. This is done."

Earn-Back: "Safe body all day earns reset tomorrow."

Repair After Conflict

Standard: "After conflict, we repair."

Consequence: "No repair = no shared privileges."

Follow-Through: "Repair is required."

Earn-Back: "Repair done = reset."



Ready to Stop Making It Up As You Go?

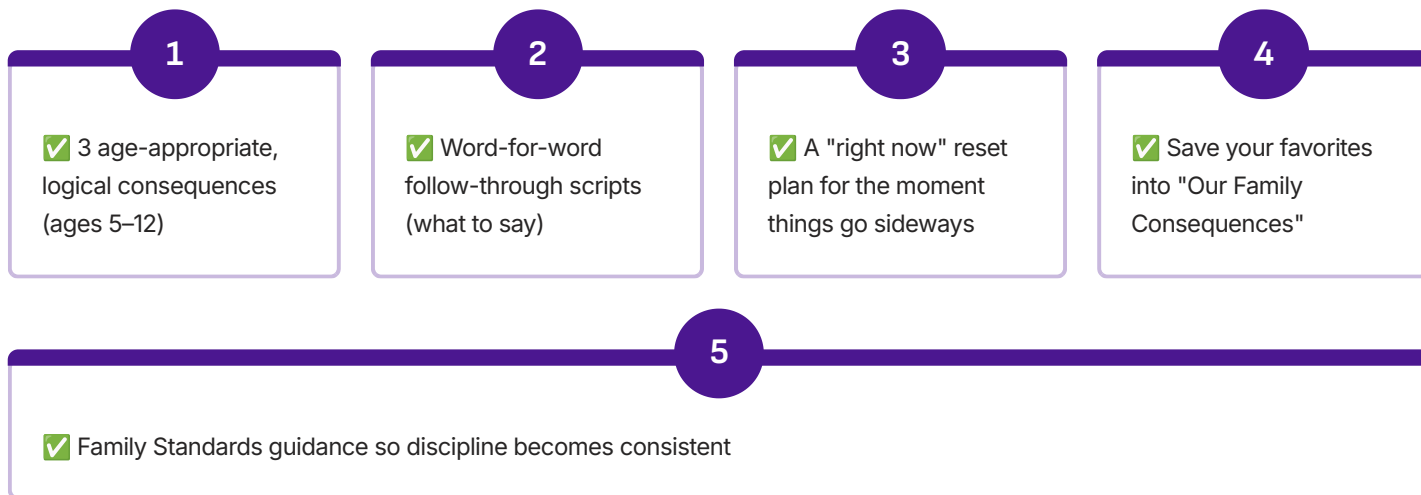
Get the Stop Yelling Consequence Generator

Stop Yelling Consequence Generator is a fast tool built for busy moms that tells you exactly what to say and what to do when your kid doesn't listen. In under a minute, you'll enter what happened (age + behavior + what's going on right now) and get 3 fair, logical consequences plus word-for-word follow-through scripts you can use immediately—without harsh punishments, long lectures, or losing your cool.

It's one part of the Finish the Fight Mom Leadership System—built for calm authority under pressure and real follow-through.

It also helps you set Family Standards so you're not making discipline decisions in the heat of the moment. Less yelling. More leadership. More peace in your home.

What You Get:



[Get My Consequence + Script](#)



This Guide Is For You If You're Looking To:



Stop yelling when your kid ignores you or pushes back



Use fair consequences that actually connect to the behavior



Know exactly what to say in the moment (without long lectures)



Follow through without escalating the fight



End the "I'm making it up as I go" discipline cycle



Build Family Standards so your home runs on leadership, not emotion



Create consistency between you and your partner/co-parent

[Get My Consequence + Script](#)