

12 SIGNS OF A HEALTHY - UNHEALTHY HOME

Twelve Signs of an Unhealthy, Inconsistent Environment

Are you raising your child in an unhealthy, inconsistent environment filled with unpredictability and chaos? A child who lives in an unreliable environment with random rules, or no rules at all becomes unruly and un-cooperative.

The following checklist will help you to explore what areas of your home environment most need improvement. Use the list below to take an inventory of your home, as well as the home you were raised in as a child. Check each of the signs that currently exist in your home.

1. _____ Meals served at random times, without sitting down to eat together
2. _____ Non-nutritious snacks, sweets, and treats available anytime
3. _____ Erratic bedtime hours during the school week and weekends
4. _____ Curfew inappropriate to age (too early or too late), or no curfew at all
5. _____ Household chores that are age inappropriate (too few or too many)
6. _____ Clutter, chaos, junk, filth, or disorder in the home most of the time
7. _____ Poor manners or disrespectful communication among family members
8. _____ No regular homework time or accountability/follow-through on homework
9. _____ No limits on the use of tv, telephone, the Internet, and video games
10. _____ Sibling disrespect regarding feelings, needs, differences, or privacy
11. _____ Quality time between parents and children irregular or nonexistent
12. _____ Unclear rules or agreements with random punishments or no consequences

Each of the twelve signs that you checked from the above list is strong evidence that your home environment needs improvement. Consider each one carefully and begin improving one area at a time - starting with the one that is most needed, and progressing from there.

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Twelve Signs of a Healthy, Consistent Environment

A child who lives in a consistent, reliable environment with fair rules that are understood by all learns to be a balanced, cooperative child. Use the following checklist to take an inventory of your home, as well as the home you were raised in as a child. Use it to explore the level of consistency you currently have in your home.

1. _____ Nutritious meals served at scheduled times, often shared as a family
2. _____ Nutritious snacks with limits on sweets and treats
3. _____ Regular bedtime hours, especially during the school week
4. _____ Curfew on weeknights and weekends appropriate to age
5. _____ Consistent household chores that are age appropriate
6. _____ Reasonable cleanliness and order kept in the home most of the time
7. _____ Respectful manners & positive communication among family members
8. _____ Homework or chores completed on schedule with good follow-through
9. _____ Reasonable limits on television, telephone, the Internet, or video games
10. _____ Sibling respect regarding feelings, needs, differences, and privacy
11. _____ Quality time with parents and the family as a whole on a regular basis
12. _____ Clear rules and agreements established with fair, natural consequences

Each of the twelve signs that you checked from the above list is wonderful progress toward creating a balanced, harmonious home. Keep up the consistent efforts. Each of the signs that you did not check is an area that is calling for your attention and care as a parent. Introduce one area at a time, and stay with it until the entire family has established it as a new habit.