



Aboriginal Family Support Services  
Together with the community

Community Safety & Wellbeing

# Healthy Homes Resilient Families Routines & Rules



*Let's get together and learn about setting rules and routines in the home!*

**Children do best when routines are regular, predictable and consistent.**

Routines and Rules is a workshop where you'll learn helpful information on why routines need to be part of your everyday life. There are a number of workshops and you'll find heaps of useful information about:

- How to identify the challenges in family life
- The importance of routines to help family life run smoother
- How to develop routines for areas that have specific challenges
- How to support and promote children through good communication
- How to establish rules that will help to provide positive outcomes for your family.

*Creating the right routine to suit your family is the trick!*

Contact the AFSS Community Safety and Wellbeing team if you think this program is just what you need to grow a healthy family.

AFSS' Community Safety and Wellbeing team facilitate workshops across South Australia and provide a culturally safe and friendly environment.

**Contact us on:**

Paralowie  
254 Kings Road  
8281 5440

Mount Gambier  
20 Elizabeth Street  
8723 6110

Port Augusta  
8-10 Victoria Parade  
8641 0907

Port Lincoln  
21 Washington Street  
8683 1909



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