

SOME RULES FOR KIDS

PARENT COMPANION



By J & A Barone

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About This Parents Companion

The purpose of this Parents Companion guide is to share our story about how the book came to be. It is also for the parent or person who purchase the book to get to know the authors.

Most importantly, however, it is to help parents effectively communicate the ideas presented for each topic in a clear, concise manner, and to make sure there is no misunderstanding as to the intended meaning of each “rule” as we wrote it.

We hope this parent companion guide helps you build a closer and meaningful connection with your children.

About the Authors

J. Barone & A. Barone

Mr. Barone grew up in the suburbs of New York City. As a child he was always outdoors playing and exploring. With frequent trips into the city he was fortunate to explore a wide and diverse landscape of experience as a young adult. Mr. Barone eventually found a career in the music industry and later, the technology industry. He has been fortunate to spend almost a decade teaching a wide variety of people new and emerging technologies as a product trainer for a widely know Fortune 500 company.

Mrs. Barone immigrated to America in the late 80's and grew up in a small costal Connecticut town. Having been exposed through young adulthood to all New England has to offer, she acquired a great respect for nature and the outdoors while forging her career in the finance industry.

2008 brought hard times to many and both authors decided to start down a new path. With career changes for both, he decided to move his talents to web design and

marketing and with love and support, she decided to stay at home and raise their children.

As our children are bombarded with the everyday stimulus of technology and information, continual influence of devices and screens pervade our fast paced lifestyle. Both authors noticed a gap on the bookshelves for clearly written, simple to understand rules for children.

The Barone family now lives in Connecticut together with two young homeschooled boys and accept the challenge of helping our youth get back to the basics of understanding manners, learning and listening.

Our Story

My wife and I have worked on this small children's book over the last couple of years. It is called "Some Rules For Kids". Originally, our idea was to simply make a short book for our son, who was 5 years old at the time, that would outline the rules of our home. We wanted it to be simple and easy to read. With no idea where to start, my wife and I wrote a few short lists of what we thought some of the rules should be. Then I curated some artwork that seemed to fit each topic, Then, I fired up Illustrator and laid it all out. I saved the pages as pictures and we used Shutterfly to print a hardcover picture book for a cost of around \$54.00 for around 38 pages.

We felt that it came out really nice so we gave it to our son as a Christmas gift. With a short personal message printed inside. After seeing his name inside a book, we knew it was a hit with him. He loved it! Our little one kept it in his bed with him and as he learned to read, he loved to share his excitement with us.

Then, time moved on. At first, we didn't think much about what we had created. The book sat on the bookshelf

and he would grab it to read every now and then. Each time it came out our oldest would recall how much he loved that his name was in it and how much he missed reading it. Now he is 7 years old and has a 2-year-old little brother that he reads to. We are so proud of how much of an impact such a simple idea had on him and his behavior.

With all the excitement of the new child and the constant forward momentum life brings us each day, we had an idea. My wife and I were talking to each other one night and the thought of publishing the book came up. We were curious to see what would happen if we shared it with other families. We wondered if it would offer enough value to others, if other parents would feel the impact as we did. We pondered the quality of the simple ideas presented on the pages. We almost froze over analyzing it all. Were our ideas of making such a short, obvious book public clouded by our personal story?

After some time, we decided just to let the fear go, and to move forward with publishing. We shared the book with friends and family and received invaluable feedback. Edits were made, ideas were added, and research on how to publish began. Finally, we are happy to say that we decided to contribute our creation to the world. We believe *Some Rules For Kids* is one key to raising healthy, well-adjusted

children. We found that inside these pages you could unlock your child's hidden potential and grow closer together as a family. We have seen our children transform into thoughtful, kind, and courteous children. We now build meaningful bonds and create good habits by practicing each point in our daily life.

We feel we have given our kids a head start on their journey through life with these not-so-secret rules of life. Each page contains a brief list that reminds us how easy it is to always do the right thing, all the time, and become a better person for it.

SOME RULES FOR KIDS

Topics Defined



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Always Try Your Hardest

If you don't always try your hardest you never know what could be. When you try to do anything new in life you usually don't get it right or perfect the first time. If you do "win" the first time you do something, that's great. Congratulations. Maybe it was luck, maybe not. Ask yourself what you learned from winning. It takes effort, practice, determination, discipline, and patience to succeed and achieve what you want. You could fail along the way but you will also learn what you can do better.

When you learn from failing, you become proud of yourself. When you are proud of yourself you gain confidence and move forward to try new things or find a new approach to something. This lesson can be applied to everything you set out to do. How you do anything, is how you do everything.

Be Consistent

The way to get better at something is by working hard and not giving up. Hard things become easier each time you do them. Even if you do them poorly at first. You will learn how to do things better with repetition.

You must practice every day if you want to master something. It takes time. You need to make it a habit. Be consistent every day, put in the work, and be patient with yourself. It will pay off in the end and you will be proud of yourself. Others will see this effort and be proud of you too.

Clean Up After Yourself

Take the time to put something back when you take it out. Clean up when something spills, throw it out if it's garbage, and put your clothes to wash when they are dirty. This shows you care about the environment or the space you live in. Eventually, these become habits will and your life becomes simpler and less complicated.

Taking the time to clean up after yourself tells the world that you are a person of good character. That you have your own house in order and are ready and able to help others. It shows maturity and respect for yourself and respect for your or others' property. It is also a reflection of the job your parents did to raise you from childhood through to adulthood.

Tell The Truth

One of the most important things to do is, to tell the truth. This means being honest about how you feel. It means being honest about what you want. It means owning your mistakes or admitting you were wrong. It is an essential action that is required to build trust with others. If you tell the truth you don't have to remember anything. Lying creates a feeling of heaviness and guilt in your heart. Truthfulness is rewarded by setting your conscience free.

When you earn the trust and respect of others you open yourself to opportunities. These opportunities can help you grow as an individual or help you to grow a relationship with another person. It can welcome business or job opportunities too. Honesty will allow you to share a life with others that are worth living.

Ask Questions

You won't learn much if you do not ask questions. In fact, nobody would ever learn anything if they didn't ask questions. All the great discoveries ever made throughout the course of history came from asking questions and trying to find the answers.

No matter how silly you think your question might be, never be afraid to ask. There are no stupid questions, just stupid answers. If you don't know, ask someone. If you are unsure of something, ask. Never feel ashamed of not knowing something. You never know what you might discover next.

Listen Carefully

A simple way to build trust with another person is to listen to them, carefully. By listening carefully you will understand what they are saying and allow you to ask important questions. This is one way to learn things you may not know already. People, especially older people, know more than you simply because they have lived longer. You gain a great deal of knowledge by closing your mouth and opening your ears.

If you want to learn you must listen. Talking too much won't help you learn. If you don't allow others to talk you can't expect them to listen to you. By listening you will gain the respect of who you are listening to. Listening leads to a deeper and stronger relationship with others.

Follow Directions

Directions are usually given by someone who knows better. Whether you are building something or traveling somewhere or completing a task for a job or whatever it is. Following directions is a skill that goes right along with listening. If a direction is written down, read it twice. If a direction is told to you, repeat it to yourself. Make sure to understand what the directions are before moving on. Go slow, one step at a time, through the steps so you can appreciate the work you do.

When you are careful and mindful of the job you are doing you achieve a sense of accomplishment. You will get quality results. You will feel good knowing you have learned something new and have done a great job.

Use Good Manners

Say please when you are asking for something from someone. Say thank you when you give it to you. This basic set of manners is another way to communicate to someone that you respect them and value them and their time. You should always look the person in the eyes when speaking to them.

Show good manners when meeting someone by looking them in the eyes, reaching your hand out, and shaking the other person's hand with a firm grip. People like nice kids and nice kids will make friends. These manners are simply a great way to earn respect. Always treat others the way you want to be treated.

Be Courteous

Listening when someone is talking is not only a good way to follow directions but is also a way to be courteous. Being courteous means having good manners and being aware of how others feel about your behavior. Being courteous means not interrupting others when they are talking.

Running around indoors screaming and yelling is also not courteous. It shows others you have a lack of manners. It means you do not have respect for the space you are sharing with others. Always be courteous to others and aware of your surroundings.

Speak Up And Speak Clearly

Precision in language is precision in thought. Take a deep breath before saying what you feel. Think about what you want to say for one more second and use a strong voice when saying it. Nobody wants to listen to someone who mumbles and says um and uh a lot. People will listen when you have something nice to say and say it clearly.

Don't speak about negatively about others. If you don't have anything nice to say, don't say anything at all. When you speak poorly of others it reflects on you and makes you look weak and insecure. Remember that you would not like others talking about you in the same way.

Be Responsible

People who are responsible take charge of their lives by first taking care of themselves. Taking care of your responsibilities makes you feel good, gives you confidence, and ensures you represent yourself and your values in the best way possible.

Make your bed and clean your room so you have a nice and comfortable place to rest. Get dressed in clean clothes, comb your hair to look nice, and do your chores to keep everything tidy. Have some self-respect by being responsible.

Eat Well

A healthy diet is necessary to keep your mind sharp and your body fit. Drink lots of water to help your muscles stay hydrated and allow them to work properly. Good food is like medicine for your body and brain. Your body simply takes the good nutrients and fats out to use and then disposes of the rest. Some food is bad for you too. Stay away from highly processed food products like most things found in a box.

If you can, eat only food that is grown without harsh chemicals. Watch the type of oils you ingest. Eat free-range, grass-fed animals when possible. Stay away from as much sugar as possible. This includes bread and alcohol.

Keep Your Body Clean

Staying healthy and fit also requires keeping your body clean. Washing often removes dirt and grime from your body and keeps you smelling fresh. Brushing your teeth daily keeps harmful bacteria and germs from entering your body and creating more problems later.

Keep your nails trimmed so you don't scratch yourself or others. Long nails keep dirt and bacteria under them. When you scratch yourself you could spread bacteria to the body too. Keep your butt clean so it doesn't smell bad and become itchy. If you don't keep your nose clean you won't be able to smell yourself either.

Use your body

Eating the right stuff provides the necessary fuel for your body so can exercise and build your immune system which helps you not get sick. Stretch your body. Go for a walk, jog or run. Do basic exercises like push-ups, sit-ups, and jumping jacks.

Your mind and body are capable of way more than you think. Push yourself. Work harder than you feel like you should. You will make your body and mind grow stronger. Each time you think you are done, do one more. Keep going. Don't give up. You will surprise yourself.

Use Your Brain

You can do anything you put your mind to if you dedicate time and attention to it. Eat right, work your body, and exercise your mind. This will make you feel good, be happy and keep you positive. Think before you speak and you will earn respect.

Read books. Pay attention to the details. Learn as much as you can about everything there is in the world and you will always have something of value to talk about. You will be able to use your brain as it was intended. You will feel a sense of accomplishment.

Take care of your things

Treat your belongings with care. Try not to break them or damage them. Keep them clean and functioning properly. Keep the parts together. This is how to show you have respect for yourself, and your property. Things cost money, and money takes time to earn.

You could keep your things for a long time and maybe forever. You can hand them down to your kids one day if you keep them in good working order. Take care of your things, they will take care of you. This also means you never know when you might need something you own in the future. If it's in good shape you will be thankful to have done the right thing.

Save Your Money

The best things come to those who wait. Don't just buy things so you can have more stuff. You usually won't feel complete after buying it. There is a lot of junk out there. You have to work to earn money and work takes time so don't waste your money on silly things. If you are going to buy something, think about it and learn more about what you are looking for. Ask yourself what you want. Ask yourself why you need it. Always buy something of high quality, even if it costs more.

Nothing is free, ever. If something is offered for free to you, you are usually the product. Everything must be earned and money must be taken from someone else in trade for something of value. Once you earn your money, take it and save it. You can build wealth by first saving and then making your money work for you. Saved money adds up to more money.

Have Respect

The most valuable life lessons all boil down to these four key points: Have respect for others so they will respect you. Have respect for yourself so you will be respected by others. Have respect for other's property and they will respect yours. Have respect for your property and you will respect theirs.

Having manners, being courteous, being polite, listening carefully, taking care of yourself, taking care of others, and taking care of your things are all about respect.

Play Nice

When you play with others, play by the rules. When you win, be humble. When you lose be graceful. Learn why you lost. Don't cheat, you won't feel good about yourself and others will lose respect for you.

The most important reason to play by the rules is that you are not really playing only one game, you are playing many games over time. You want to play each game in a way that others will want you to play each game with them again, the next time. Cheaters and people who boast are not invited to play again.