Shared Rule and Adult Follow-Through Check

Read your own place in the rule.

An adult exception needs a real reason, not a last-minute defense.

Hypothetical example: a parent puts their phone away after the child points out the agreed table rule, then explains the narrow care-message exception before the next meal.

01 The stated rule

Use the words the child actually heard.

Original instruction

People it covered

Exception already explained

02 Adult conduct

Describe what you did without shifting blame.

Adult action

Rule that applied

Breach to acknowledge

Shared Rule and Adult Follow-Through Check / Review & follow-through

03 Honest explanation

Separate a role difference from a convenient excuse.

Real adult responsibility

Plain correction or explanation

Revised wording if needed

04 Next use

Follow the version the family can understand.

Adult's next action

When the rule applies again

What the next check showed