



House Rules

Welcome to your home away from home! The next several months are going to be an exciting new stage of your life. We want you to be as comfortable, safe, and happy as possible. These rules will help ensure that we are all following the same guidelines, and will make living together easy and problem-free!

Basic Rules & Guidelines

- If you are hungry or thirsty, please help yourself to a snack or drink from the fridge or cupboard.
- The tap water is good to drink (safe and healthy).
- Please remove your shoes/boots in the front entrance.
- Please do not eat in your bedroom or keep garbage in your room because it encourages insects.
- The family dog is very friendly; please do not feed him 'people food' – dog food only. The cat is not allowed outdoors, so please be careful not to let her out.
- When you finish in a room, please remember to turn off the lights.
- **If you have a question or need anything, don't hesitate to ask!**

Daily Routine, Meals & Curfew

- Be ready to leave for school by 7:30 a.m.
- Please make your own breakfast and lunch on school days and tell us what you would like to eat so these foods will be available – or better yet, come grocery shopping with us!
- We will prepare dinner; please be home by 6 p.m. so that we can eat together as a family.
- Please help us with setting the table for dinner and clearing the table after dinner.
- If you plan to be home later than usual, please call or text us to let us know.
- Your curfew on school nights is 10:00 pm; lights out by 10:30 pm.
- Your curfew on weekends is 12:00 pm; lights out by 12:30 pm.

Chores & Cleanliness

- Please ensure that all trash is placed in the garbage bins around the house.
- Put your dirty laundry in the hamper in your room; laundry day is on Sunday, so please bring your dirty clothing to the laundry room on that day.
- Rinse and place dirty dishes in the dishwasher after using.
- Keep your bedroom clean; vacuum and change sheets every week (I will show you how).
- If you need more towels, blankets, or pillows, please ask us.

Internet & Cell Phone Usage

- We have limited WiFi internet, so please do not spend more than one hour per night online. Please do not download movies or large files.
- Please leave your phone in your room during dinner – no cell phones at the table.



Bathroom

- Ladies, please wrap your feminine products in toilet paper and place in the garbage – **do not flush** these because they will clog the toilet.
- Showers can be in the morning or evening, but please keep your shower time around 15 minutes.
- Please wipe the bathroom counter after use and hang towels on the racks to dry. Do not keep wet towels in your room, on the bed or on the floor.

Making plans

- Please ask before inviting friends over. You are not allowed to have friends over if an adult is not home.
- Please give us as much notice as possible when making plans; let us know if you will require transportation or if you will be staying overnight at a friend's home.
- Sleepovers are fine on some weekends, not on school nights and not every weekend. If you would like to sleep at a friend's house, please let us know a few days in advance and provide us with the name, address and contact details of an adult in your friend's home, so that we can reach them if there is an emergency.

If you need anything, please ask us and we will help you as best as we can. We are happy that you are here to share our home!