

BRAINSTORM/BUZZ

Benefits & Barriers to Limit Setting

1. What are the possible benefits for your children having clear limits in your home?
2. What gets in the way of setting limits?

Write down the benefits of having clear limits and your difficulties in doing it. See if you can find any solutions to your barriers to setting clear limits.



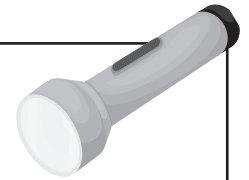
Benefits of Setting Limits	Difficulties in Doing This

Goal:

I will commit to reducing the number of commands or requests to those that are most important. Instead, I will focus on giving choices when possible, using distractions and when-then commands.






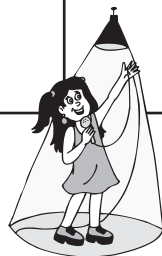
Handout
RECORD SHEET
Limit Setting



Date: _____

Instructions: Record commands or limits set and any reaction/response you noticed in your child, as well as your response.

 Example of Command given or limits set:	# of commands	 Child's Response:	 Parent's response:
<i>Example: "Put the toys away."</i>	IIII	<i>Child puts toys away.</i>	<i>Example: "Wow - you are a big helper, thank you for putting the toys away."</i>
1.		1.	1.
2.		2.	2.



Spotlight your child's successes



SPOTLIGHTING

Household Rules

Some Examples:

1. Bedtime is at 7:30 p.m.
2. No hitting allowed.
3. Must sit in back of car in car seat.

Your List of Household Rules:

- 1.
- 2.
- 3.
- 4.



*Every home needs a limited number of “house rules.”
If the list gets too long, no one will remember the rules.*