

LIMITS FOR YOUR CHILDREN

SETTING LIMITS FOR YOUR CHILDREN

Determine what behaviours are always unacceptable to you or most problematic for your child. Save your energy and just focus on those.

BE CLEAR. BE CONSISTENT.

1

Acknowledge the feeling

"You are really angry..."
"I can see that you are very frustrated..."
"You are really feeling sad right now..."
"You would really like my attention right now..."

2

Communicate the boundary

"but I am not for hitting."
"but the door is not for kicking."
"however it is time to sit at the table for dinner."
"but my shirt is not for pulling on."

3

Target an alternative behaviour with a choice

"You can decide to hit the pillow or rip up the magazine."
"You can choose to stomp on the egg cartons or go outside and hit the tree with the stick."
"You can let me know if you need 5 more minutes or if you are ready to come to the table now."
"You can choose to hold my hand or sit in the chair until I am done talking to Dad."

AND REPEAT...

If this has not been effective in stopping the behaviour – try using choice giving with consequences approach:

"If you choose to hit me then you choose to sit in your room. If you choose not to hit me then you choose to get to stay on my lap. Which do you choose?"

"If you choose to swear at me then you choose to give up your Xbox privileges for the day. If you choose to express your frustration respectfully, without swearing at me, then you choose to get to play the Xbox for the day."

Be sure to use the words "If YOU CHOOSE".

You are placing the responsibility with your child and not on you. It works better than "If you don't stop hitting me then I will stop you from watching TV"

