



Parenting Tips from a Play Therapist

Taken from Child Parent Relationship Training by Sue Bratton and Garry Landreth



PARENTING TIP 3

WHERE THERE ARE NO LIMITS, THERE IS NO SECURITY



children thrive in a loving environment with secure limits.

Setting limits in the context of giving children choices reduces power struggles, empowers children, and provides opportunities for problem solving and decision making.

main topics



set limits

Set limits in the context of choices.



set the ultimate limit

When a child refuses to choose, you choose for them.

homework

practice using the scripts for:
setting limits

determine an effective consequence





Improve Self-Regulation

DEVELOP PERSONAL RESPONSIBILITY

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Provide age-appropriate choices that are equally acceptable to the child and to you as the parent. Remember that you must be willing to live with the choice the child makes. Don't use choices to try to manipulate the child to do what you want by presenting one choice that you want the child to choose and a second choice that you know the child won't like. Give the child a moment to think. Younger children need more time.

Set Limits. A.C.T.

Acknowledge the feeling or desire.

Tone is everything. Try to remain neutral but not dismissive.

Communicate the limit.

"You think it would be fun to shoot me."

"But I'm not for shooting."

Target the alternative.

"You may shoot the target or you may pretend the doll is a bad guy and shoot the doll."

Repeat three times. Then say, "If you choose to shoot at me, then you are choosing (fill in consequence.)"

Set the Ultimate Limit.

Sometimes children will refuse to choose. If this happens, respond by choosing for them.

"If you choose not to choose, then you are choosing for me to choose for you."



Look for your child's currency.

Find what is meaningful to your child and use that as an effective consequence. For example, if your child enjoys screen time at the end of the day, then you can say, "When you chose to yell at me, you chose no iPad time tonight."

