

Incredible Years – Week 5 Agenda

- **Review Reward Programs:**

Any attempts at charts or ideas for later?

Review “Novelty effect” – stickers and points may wear off after a few weeks.

Importance of combining social reinforcement with charts/point systems.

- **Rules, Responsibilities, and Limit Setting -- Vignettes**

Brainstorm Activity:

-What are the possible benefits for our children in having clearly established rules and routines in the home? What are the barriers?

-What are your most important household rules, responsibilities/chores, or routines (i.e. morning, bedtime)?

Review KEY CONCEPTS:

*Household rules are clear and children know what they are

*Establish clear and predictable routines

*Strategies for encouraging children to be responsible

*Importance of household chores

*Providing adequate monitoring at all times

*Politeness principle

- **Clear and Respectful Limit Setting – Vignettes**

Brainstorm Activity:

-Benefits and barriers of limit setting? How do you monitor where children are, with whom and what they are doing?

Review KEY CONCEPTS:

*Reduce number of commands to only necessary commands

*Politeness Principle

*Clear and predictable household rules offer children safety and reduce misbehaviors

*Normal, healthy children will test rules – don’t take it personally

*Commands should be clear, brief, positive, and action oriented

*“When...then” commands offer the child a choice

*Provide children with positive alternatives

- **Home Activities for the Week – Class documents on website**

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