

## Effective Limit Setting

*"The Importance of being Clear, Predictable, and Positive"*

### HOME ACTIVITIES FOR THE WEEK



#### *To Do:*

- **DECREASE** the number of requests/commands you give to those that are most important.
- When necessary, **GIVE POSITIVE AND SPECIFIC REQUESTS**. Avoid using question commands, "let's" commands, negative commands, vague commands, and chain commands.
- **MONITOR** and record the frequency and type of requests you give at home for a 30-minute period on the "Record Sheet: Commands" handout, and record the child's response to these requests.
- **PRAISE** your child every time he or she complies with a request.
- **CALL** a group member to talk about giving commands.



#### *To Read:*

Handouts and review Chapter Five, *Ignore*, and Chapter Nine, *Helping Children Learn to Regulate their Emotions in The Incredible Years*

***Caution: Remember to continue special time!***