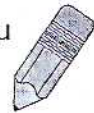


Brainstorm



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
<p>Goal:</p> <p>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.</p>	

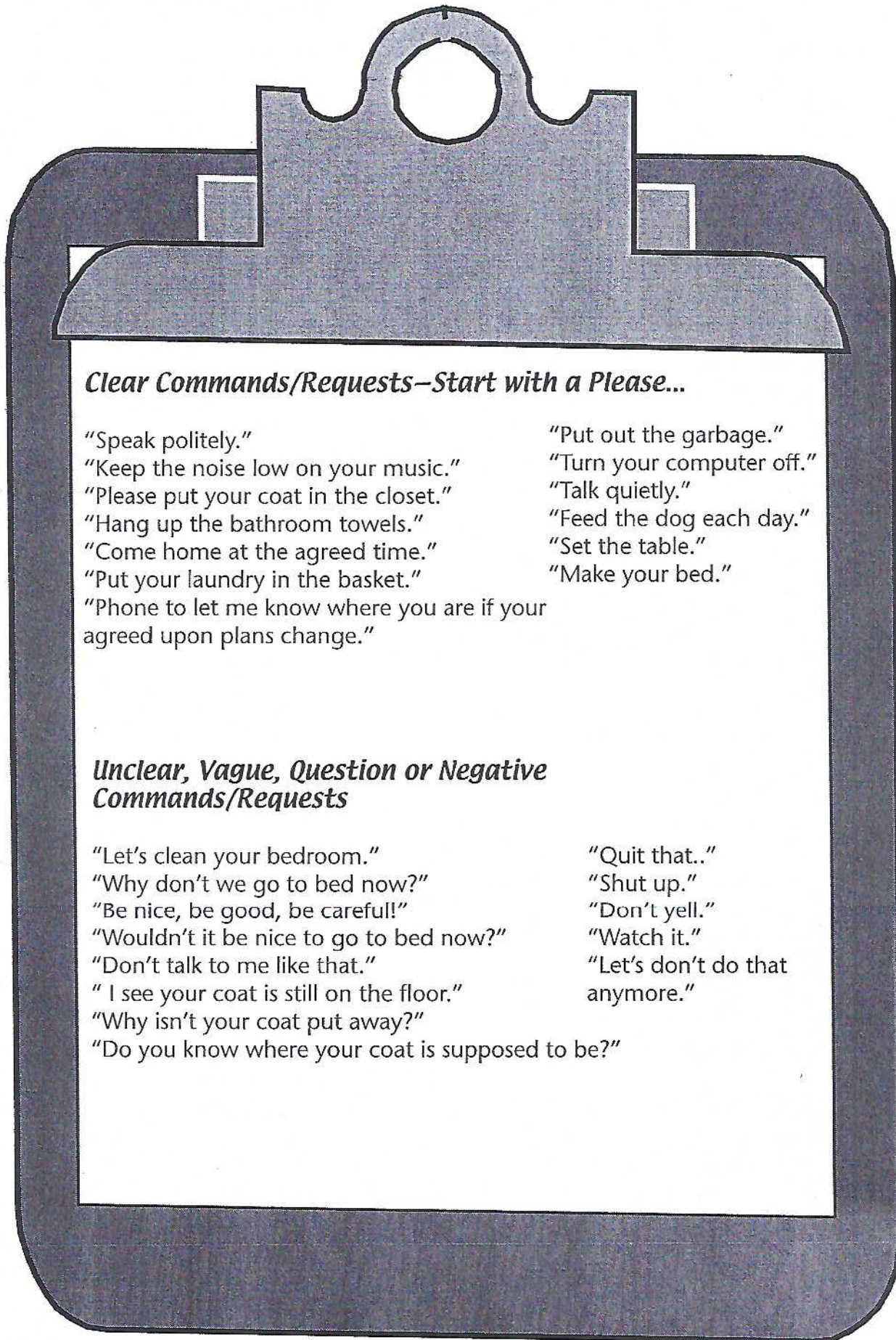


Brainstorm

Rewrite the following ineffective commands into positive, clear, respectful commands.



Ineffective Commands	Rewrite
<ul style="list-style-type: none">• Shut up• Quit shouting• Stop running• Watch it• Why don't we go to bed?• Let's clean up the living room• Cut it out• What is your coat doing there?• Why are your shoes in the living room?• Don't shove salad in your mouth like a pig• Why is your bike still in the driveway?• You look like a slob• Stop bugging your sister• You are never ready in the morning• Why do you leave homework until the last minute?• Your clothes are filthy• You never put the garbage out• Your room is a mess• Don't speak to me like that• Why can't you wear something better than that?• You are late getting home again You are impossible	



Clear Commands/Requests—Start with a Please...

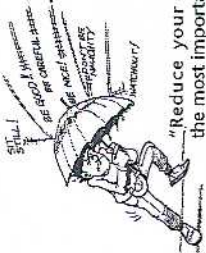
"Speak politely."
"Keep the noise low on your music."
"Please put your coat in the closet."
"Hang up the bathroom towels."
"Come home at the agreed time."
"Put your laundry in the basket."
"Phone to let me know where you are if your agreed upon plans change."

"Put out the garbage."
"Turn your computer off."
"Talk quietly."
"Feed the dog each day."
"Set the table."
"Make your bed."

Unclear, Vague, Question or Negative Commands/Requests

"Let's clean your bedroom."
"Why don't we go to bed now?"
"Be nice, be good, be careful!"
"Wouldn't it be nice to go to bed now?"
"Don't talk to me like that."
"I see your coat is still on the floor."
"Why isn't your coat put away?"
"Do you know where your coat is supposed to be?"

"Quit that.."
"Shut up."
"Don't yell."
"Watch it."
"Let's don't do that anymore."



Home Activities



RECORD SHEET: COMMANDS/REQUEST

"Reduce your commands to the most important ones."

Date	Time	Commands or Request Given	Child's Response	Parent's Response
Example	5-5:30 p.m.	"Hang your coat in the closet."	Child hangs up coat.	"Thank you for hanging up your coat."
1st Day				
2nd Day				
		Example of When... Then request, or giving a choice command.		