



LIMIT SETTING

1. Determine the limit setting strategy to use based on your child's age and development.

If using...

- a. **Time-out:** prepare a time-out place that is safe, boring, away from attention, and within eye-sight.
- b. **Work chores:** prepare an extra job that is assigned as a negative consequence for misbehavior. Small, short work chores are best. Be sure to teach the child how to do the chore before assigning it.

2. Determine what misbehaviors will earn a negative consequence:

3. Determine a list of possible privileges to remove:

4. Explain and demonstrate the limit setting strategy to the child prior to using.

- Have your child demonstrate a very mild misbehavior, such as not following a simple direction.
- Practice giving the consequence.
- Have your child practice complying with the consequence.

5. Test and use your limit setting strategy.

Troubleshoot what is working and what is not working. Make adjustments as necessary.