

Setting Limits at Home

When parents establish clear rules and boundaries, children learn positive behaviors and thrive. By setting clear limits, you provide your child with the guidance they need to succeed and develop good habits.

When giving your child a limit, or rule, make sure you are clear and consistent.

Once you set a limit, such as telling your child they cannot have something, do not allow them to have it. Changing your limit, or giving into your child's bad behavior will result in them using bad behavior to get what they want.

Be firm by loving

When setting a limit, make sure you get down on their level, use a firm but loving voice, and that you don't show anger

Give the child the reason for the limit

Each time you set a limit, say the reason, even if you have to repeat this many times. An example of this would be: We don't run away because we may get hurt.

Remember to make sure your limit is age appropriate

Young children cannot sit for long periods of time, and often forget things. Keep your child's abilities in mind when setting the limit.

Pick a reasonable consequence and let your child know what it will be

We suggest avoiding physical punishment and instead focus on redirection or consequences that fit the behavior. Such as, if your child runs away from you, holding their hand in the parking lot

Always follow through

If you threaten a consequence, make sure that you are ready to impose that consequence

Are you looking for more help?

Set up a behavior system in your house! We recommend the book 1-2-3 Magic by Dr. Thomas Phelan

Learn more about your child's behaviors and how to navigate tantrums with the book Tiny Humans, Big Emotions by Alyssa Cambell and Lauren Stauble

Learn more about positive discipline at this website from the American Academy of Pediatrics: <https://tinyurl.com/3ezsdjr8>