

Setting Limits:

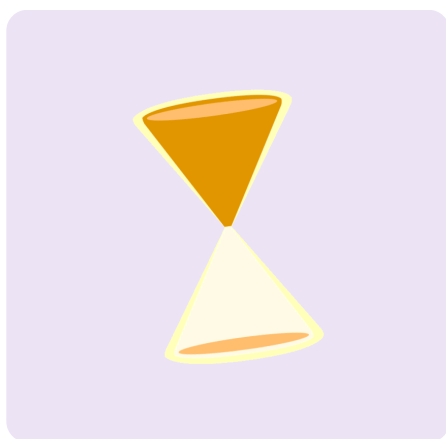
To reduce power struggles and increase your child's feelings of autonomy.



By Stephanie
Garcia, LPC
Stephanie@volver
counseling.com

Utilizing Cues

For younger children in particular, it can be helpful to utilize different types of cues (i.e. auditory, visual, verbal) to support them when setting a limit. This may look like, setting an alarm that signals a transition time or having a visual timer for your child to look at, in addition to stating the limit verbally.



By Stephanie
Garcia, LPC
Stephanie@volver
counseling.com

Choice Giving Language

Choice giving language can support your child to develop a sense of autonomy and internal locus of control. An example of choice giving language would be:

“If **you choose** to put away your toys before dinner, **you choose** to have 30 minutes of television after dinner.”

(If the child did not put away the toys you might reply by saying...)

“I see you’re disappointed. When **you choose** to not put away your toys before dinner, **you choose** not to watch television after dinner.”

(Landreth, 2006)

*Notice how by utilizing choice giving language the ownness is not on you. You are not saying I am making you do this. You are reflecting that your child’s choice determines the outcome.

By Stephanie
Garcia, LPC
Stephanie@volver
counseling.com

Choice Giving Language Continued..

Choice giving language can also be utilized as positive reinforcement. Let's say after stating the choice in the example above, your child chooses to put away their toys.

You might respond by saying :

"When **you choose** to put away your toys before dinner **you choose** to have 30 minutes of television! Would you like to watch Sesame Street or Mr. Rogers?"

(Landreth, 2006)

*When you start utilizing choice language it is normal that your child may not choose to comply the first time. Consistency is key when introducing a new technique!

By Stephanie
Garcia, LPC
Stephanie@volver
counseling.com

Choice Giving Language Continued..

- Remember: *little choices for little kids, big choices for big kids.*
- State the choice giving phrases *three* times. If your child still doesn't comply you might state, " When **you choose** to not make a choice, **you choose** for me to decide for you".
- It is important that you are consistent and follow through. It is normal for a child to try to get their needs met by begging and pleading. You are there to enforce the boundary.

(Landreth, 2006)

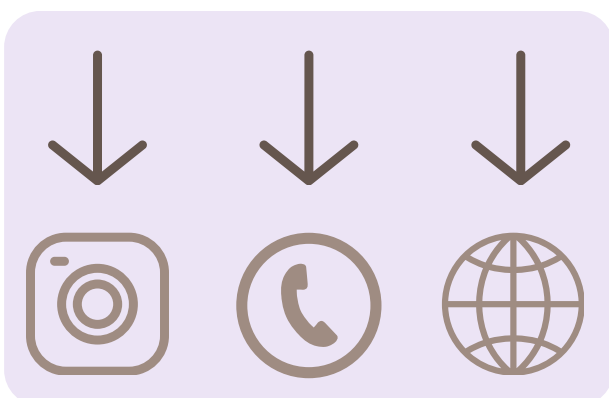
*If you're child starts to plead with you around a limit you might say, "I know you'd really like (X). The minute you choose (Y) was the minute you choose (Z). Maybe you can try again tomorrow".

(Landreth, 2006)

By Stephanie
Garcia, LPC
Stephanie@volver
counseling.com

Thank you so much for downloading my free Setting Limits Guide! If you are a parent/caregiver who is curious about learning more about these and other techniques utilized in Child Parent Relationship Therapy, please contact me at any of the following spaces below...

-Stephanie Garcia, LPC



By Stephanie
Garcia, LPC
Stephanie@volver
counseling.com