



setting limits

Teaching fair limits will support positive behaviours, making each day together more enjoyable.

Children feel secure when they have clear and consistent limits. This helps them learn how they should behave and helps them to learn right from wrong.

Just Remember

Set a few important limits, starting with safety

Be fair and clear

Be a good role model for your child

Set limits that you will follow through on

Have the same limits every day

State limits positively

As your child grows the limits will need to change

How To Set Limits That Work

Limit: On our way to the park, hold my hand when we are crossing the street so that you are safe

Choice: Hold my hand or my coat

Consequence: If you do not hold my hand or coat then we won't be able to cross the street and go to the park

Ask yourself, does your child understand the limit? Keep your instruction short and to the point

If eating at the kitchen table is your expectation for your child then you need to do the same

Your child will trust and believe in you when you follow through on what you have stated (example: When you are sitting at the table then I can give you your snack)

This provides consistency which helps your child learn what to expect

Tell your child what you would like them to do not what you don't want them to do (example: for a child jumping on the couch tell them that they need to sit on the couch and let them know where it is okay to jump)

Changing limits helps to support your child's development and respects their growing independence

Remember: it will take your child time to learn your limits – be patient.