

CHILD-PARENT-RELATIONSHIP (C-P-R) TRAINING

Advanced Limit Setting: Giving Choices as Consequences Answersheet -Session 9

EXAMPLE:

During special playtime, Aiesha aims a loaded dart gun at her mother. The mother sets a limit, saying:

- A "Aiesha, I know you'd like to shoot the gun at me
- C but I'm not for shooting
- T you can choose to shoot at that the bop bag or the wall." (pointing to each)

Aiesha points the gun at her mother again after the third time the limit has been stated:

- If you choose to: point the gun at me
- then you choose: to play with the gun without the darts
- If you choose to: not point the gun at me
- then you choose: to play with the gun with the darts

1. Your child throws the rubber shark at the window. You set a limit, saying:

- A "[Child's name], I know you want to throw that
- C but the shark is not for throwing
- T the foam ball is for throwing"

Your child throws the shark again after the third time the limit has been stated:

- If you choose to: throw the shark
- then you choose: not to play with it anymore today
- If you choose to: not throw the shark
- then you choose: to keep playing with it

2. Your child insists on keeping the shark after your play session has ended. You set a limit, saying:

- A "[Child's name], I know you really want to keep playing with the shark
- C but, the toys are for staying in our special play box,
- T it will be here for you to play with next time."

Your child holds on to the shark after the third time the limit has been stated:

- "If you choose to not put the shark in the toy box
- then you choose to not play with it in our next special play time"
- "If you choose to put it in the toy box
- then you choose to play with it next time."

3. Your child plays video games after school instead of doing homework. You set a limit, saying:

- A "[Child's name], I know you want to play your video games to get to the next level
- C but, video games are not for playing until after homework is done
- T you can play them after your homework is done."

Your child plays video games after school again after the third time the limit has been stated:

- "If you choose to keep playing your video game
- then you choose to not play video games during the school week."
- "If you choose to finish your homework first
- then you can choose to play your video games"