

Seven Steps for CLEAR & CONSISTENT LIMIT SETTING

1

**Get child's
attention**

"Christian."

2

**Name feeling &
intention**

***"You're frustrated.
You want the toy."***

3

**Describe
behavior**

"But you hit your friend."

4

**State desired
behavior**

"You can ask for a turn."

5

**Set limit
as a choice**

***"If you choose to hit your
friend again, you'll need to
choose another area to play."***

6

**Praise or
consequence**

***"You asked for a turn!" OR
"You chose to hit your friend
again, so you need to choose
another area to play."***

7

**Present
new choice**

***"You can choose blocks or
dramatic play."***



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Seven Steps for CLEAR & CONSISTENT LIMIT SETTING

1

**GET CHILD'S
ATTENTION**

Say the child's name

2

**NAME FEELING &
INTENTION**

"You're_____. You want _____."

Name the child's feeling & intention

3

**DESCRIBE
BEHAVIOR**

"You_____."

Describe the child's behavior

4

**STATE DESIRED
BEHAVIOR**

State the desired behavior

5

**SET LIMIT
AS A CHOICE**

"If you choose to _____ then _____"

Set the limit, stating it as a choice

6

**PRAISE OR
CONSEQUENCE**

Praise the desired behavior or state the
consequence for not following the limit

7

**PRESENT
NEW CHOICE**

"You can choose_____or_____."

If consequence, present a new choice



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