

Setting Limits

THE BASICS - Use simple rules that everyone feels comfortable with. When both children and teachers are involved they need few limits.

BE POSITIVE AND CONSISTENT – Use positive statements that tell the preschooler your expectations. Say, “inside we walk.” Or “Please roll the ball.”

EXPLAIN WHY – You hated it when you were little and the explanation was “Because I said so.” Simply explain the reason for the rule. “If you run with the fishing pole you could get hurt or hurt your friend.”

DEMONSTRATE APPROPRIATE BEHAVIOR – Children learn by imitation. If you do not want the preschoolers sitting on the table, then you need to model that. Live with the same rules you set for the child.

EVALUATE WHAT YOU ARE ASKING THE CHILD TO DO

1. Use one direction at a time
2. Tell the child what you want him to do (not what you don't want).
3. Make the rule simple. Inside we walk. Outside we may run.
4. Is the rule age-level appropriate? Make sure your expectations are valid. Avoid impossible demands.

LET LOVE BE YOUR GUIDE!