**Session 6: Setting Limits: Effective Rules**

***Domain: Effective Limit Setting***

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| **Relevant Family Goal:** |  |

* **Session Goals** *(check all that apply)*
  + Learn what makes a rule effective
  + Learn why it is important for parents to have effective rules
  + Learn the Four C’s of effective rules
  + Reflect on factors that make limit setting challenging for parents
  + Practice generating effective rules
  + Learn and practice how to effectively state rules
* **Handouts to Use** *(check all that apply;* [*click HERE*](https://thefamilycheckup.com/content/everyday-parenting-handouts#session6) *to find handouts)*
  + 6A Clear or Unclear Rules?, pg. 105
  + 6B Making Effective Rules, pg. 106
  + 6C Parent Self-Assessment for Limit Setting, pg. 107-108
  + 6D Home Practice: Tracking Rules, pg. 109
* **Videos to Share** *(check all that apply;* [*click HERE*](https://thefamilycheckup.com/content/parenting-videos#monitoring-limits-young) *to find videos)*
* Clear Rules (Younger/Older Child)

**Bear videos** *(available in English or Spanish)*

* Drug Expectations (Older Child)
* Clear Rules (Older Child)
* Phone Use (Older Child)
* Appropriate Social Media Posting (Older Child)
* Supporting Healthy Eating (Older Child)

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* **Teaching Process for Each Skill Chosen for Session**

*Add notes below from your review of EDP book. Handouts and page numbers are listed to help you, but you will choose which specific activities, scripts, handouts, etc. to use tailored to the parent and family, and based on what matches parent needs and goals.*

* + **Check on Home Practice from last meeting**
  + **Set agenda for session:** Confirm with parent the session goals checked above
  + **Teach**: Consider using relevant video(s) checked above. Discuss rationale and benefits of limit setting (pg. 96).
    - **Clear rules**: explain importance of effective, clear rules (pg. 97); review criteria for effective clear, rules in 4 C’s below, under “CLEAR” (pgs. 97-98); facilitate parent reflection (Handouts 6A and 6B)
    - **Four C’s for setting effective rules**: review 4C’s outlined below; provide example of effective communication (pgs. 98-100)
    - **Rules regarding drug use, phone use, social media, and supporting healthy eating**: use relevant videos
    - **Parent challenges setting limits**: review common challenges for parents when setting limits with their children (pg. 100); discuss importance of multiple caregivers having the same rules; facilitate parent reflection re: their strengths and challenges with limit setting, and strategies to overcome barriers to limit setting, and review Handout 6C.
  + **Model**: Consider using relevant video(s) checked above.
    - **Setting a clear rule:** Consider using scenario in manual (pgs. 101-102) to model Wrong Way/ Right Way of setting a clear rule with youth; facilitate parent reflection
  + **Practice**: tailor to family
    - **Setting a clear rule**: Consider using scenario in manual to practice setting a rule (pg. 102), referencing 4 C’s of Setting Effective Rules below; can also support parent in setting 1 or more rules for their child using Handout 6D, to set up for the home practice of tracking whether the child follows the rules.
  + **Debrief**: Facilitate parent self-assessment and give your feedback on strengths and challenges from the practice; plan for possible barriers to use of new strategies (consider Tips for Success at Home, pg. 103)
* **Home Practice**
  + Homework Option: Parents can reflect on existing house rules and evaluate their current effectiveness (Handout 6B) and their challenges setting limits (Handout 6C); write down 3-5 current or desired house rules and confirm they are consistent with guidelines, then track whether child follows the rules (Handout 6D)
  + Tailor home practice to child, parent and family, including cultural and general context
  + Optional: prep for use of Emoji Tracking Worksheet [Tracking Parent Skills Practice Emojis - English](https://thefamilycheckup.com/sites/default/files/Tracking%20Parent%20Skills%20Practice%20-%20Emojis.docx)
  + Other:
* **Schedule Next Session**
  + Discuss which goal and parenting strategy parent wants to address in next session
  + Plan to enable session to be focused and not distracting, such as arranging for child(ren) to be occupied. See [*Establishing a Focused Environment for Sessions*](https://thefamilycheckup.com/sites/default/files/Establishing%20a%20Focused%20Environment%20for%20Sessions.docx).

**4C’s of Setting Effective Rules (pgs. 98-99)**

1. **CLEAR:** Rules are specified in advance, are specific, are simple, state the expected behavior, are realistic and easy to follow, are reasonable, and can be enforced by parents
2. **CONSISTENT:** Parents stick to rules as much as possible so rules are predictable expectations for children, keeping in mind that parents being consistent 100% of the time isn’t realistic
3. **COMMUNICATION:** Parent calmly communicates rule to child, using effective communication and listening skills. Parent also communicates about rules with other parents and other caregivers for child
4. **CHECKING IN:** Parent checks in with child to ask if they are following the rule and checks in with other caregivers about child following rules in other settings