

Module 6 LEARNING TO SET LIMITS
Session a Family Meetings/discipline
Session b Learned Behavior

Handout Mod 6 A “Structure for Family Meetings”

Pick a location for the meeting, it should be on neutral ground.

Example: Kitchen table, Dining room table, Family room.

Mutual respect must be used.

Example: Everyone has a turn to speak, everyone must take a turn to listen.

No screaming or raising of voice.

No name calling.

Everyone’s ideas are important

Example: Don’t make fun of anyone’s ideas

All rules and consequences must be listed (in writing) and understood by all.

Example: Parents have some rules that there is no compromise on.

Consequences must be made clear by parents.

Some rules are negotiable. These are the rules set by the family.

Some rules and consequences will change as child ages.

“Fairness” should be stressed

Time limits must be set.

Handout Mod 6 A "Consequences of Behavior"

Directions: Discuss listed consequences and have class list successful consequences they have used.

Grounding

Curfew

Loss of privileges

Time out

Extra chores

Financial restitution (charging money for certain offenses)

Module 6 B
Handout – Learned Behaviors

Learned behavior is a behavior or pattern of activity that is picked up over a period of time. Examples of learned behavior are as follows:

Potty training

Learning to use a spoon and fork.

Temper tantrums

Directions: Discuss and list five (5) more learned behaviors.
