



Fixer des limites | Setting Limits and Boundaries

Ressources en français

Articles/Stratégies

- [Offrir des choix à l'enfant : un excellent outil éducatif ! – Papa positive !](#)
- [30 propositions pour poser des limites aux enfants tout en les respectant](#)
- [Discipline: quand et comment définir des règles et des limites](#)
- Changez les questions oui/non ou les demandes qui pourraient être refusées en options - au lieu de "Nous partons", à laquelle l'enfant peut répondre "NON !", essayez de passer à "Veux-tu partir maintenant ou dans une minute ?"
- Expliquez pourquoi et donnez des explications - "Je comprends que tu veuilles manger des bonbons, mais ce n'est pas bon pour toi. Si tu as mangé tout ton dîner, tu pourras manger un bonbon après".
- Reformulez les "non" en "oui" - "Oui, tu peux manger un gâteau *après* le dîner".
- Dites à l'enfant de faire quelque chose de spécifique au lieu de l'action que vous essayez d'arrêter. Au lieu de dire "ne donne pas de coups de pied", essayez de lui dire "dis à ton pied d'arrêter de donner des coups de pied" ou "piétine le sol à la place". Lorsque vous lui dites de ne pas serrer les autres enfants, dites-lui qu'il peut serrer un animal en peluche à la place.



Resources in English

Articles/Strategies

- [How to Set Limits with Your Child \(That Stick!\) in 3 Easy Steps](#) - ELC method
 1. Empathy ("you're having so much time playing")
 2. Limit ("and it's time to go home")
 3. Choice Question ("would you like to hop home like a frog or walk like a dinosaur?")
- [This Simple Change To How You Set Limits On Misbehavior Will Help Your Kids Listen To You](#)
- [Limited Choices | Positive Discipline](#) - Limited choices method
 - Like the ELC method, rephrase what you would like the child to do with a choice where you are content with either option
 - For example: Bedtime is in 5 minutes. You tell the child "We can go to bed in 3 minutes or 5 minutes, it's up to you" There is no choice over going to bed, but they can have a sense of control around what time this happens.
- Change yes/no questions or demands that could be refused into options – instead of "We are leaving," to which the child can respond "NO!" try shifting to "Would you like to leave now or in one minute?"
- Explain why and give explanations - "I understand you want to eat candy, but it isn't good for you. If you eat all of your dinner, you can have a piece of candy after"
- Reframe 'no's as 'yes's – "Yes, you can have cake after dinner"
- Tell the child to do something specific instead of the action you are trying to stop. Instead of saying "don't kick," try telling him to "tell your foot to stop kicking" or "stomp on the ground instead." When telling them not to squeeze other kids, say that they can squeeze a stuffed animal instead.

PEP - Parent Encouragement Program

- [PEP - Parent Encouragement Program](#) - This is a group in Montgomery County with resources and trainings for parents.



ROCHAMBEAU

THE FRENCH INTERNATIONAL SCHOOL

- If you scroll down to their Podcast section, episode 3 is entitled "How to Set Limits that Cut the Chaos and Increase Connection"
- Since the pandemic, PEP has begun doing online webinars/trainings. I personally have not attended any but the descriptions of the following sound relevant to consider choosing from
 - [PEP On-Demand Videos](#) (ALL)
 - [When to Set Limits and When to Let Go | PEP](#) (\$25, course)
 - [Setting Limits With Young Children | PEP](#) (1 hour, \$25)
 - [Setting Limits With Extra Challenging Children | PEP](#) (1 hour, \$25)