

# SETTING LIMITS

## The ACT Model

A simple, respectful way to set limits that builds trust, teaches responsibility, and avoids shame.

### Awknowledge

Notice the child's behavior, intention, and feeling in a calm, non-judgmental way to create attunement ("You're really angry right now.").

### Communicate

Clearly state the limit using a simple, concrete boundary ("People are not for hitting.").

### Target

Redirect to an appropriate behavior that meets the same need ("You can hit this pillow instead.").



### Ultimate Limits

If the limit continues to be broken, calmly state and follow through with a natural, related consequence ("If you keep throwing the blocks, they will be put away for today.").

### Remember:

Stay calm, be clear and consistent, avoid empty threats, and remember—children learn through repetition, not perfection.

**You are doing great!**

