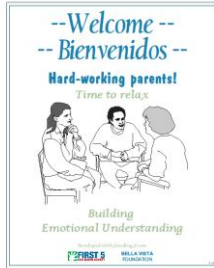


Setting Limits That Build Better Relationships

Setting Limits That Build Better Relationships



Danielle Hanchett Friedman, LCSW
Certified Parenting by Connection Instructor
Hand in Hand Parenting
www.handinhandparenting.org

Danielle Hanchett Friedman, LCSW 10/5/14

A New Way of Thinking About Setting Limits

Traditional Paradigm

- Children need to be taught to cooperate and be kind.
- Children try to manipulate parents.
- The parent's job is to make life highly uncomfortable for them when they are not behaving.

Parenting by Connection

- Children want to cooperate and be kind and they already know how.
- When children feel well connected and safe they think clearly, are cooperative, flexible.
- We can set limits with warmth and not dread doing it!

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Overview

- **Remember this:** Your child is good – even when his/her behavior is off track;
- Most parents struggle with setting healthy limits;
- Our children need to feel connected to think and function well; they thrive on connection;
- The opportunity to offload emotions through tears or even laughter with a caring adult is a gift to our child;
- We can build and maintain connection with our children to bring out the best in them and us;
- Parents need to feel connected and supported;
- **Tools to explore today:** Setting Limits, Stay Listening, Special Time, and Listening Partnerships

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How Can We Set Limits?

Traditional Ways

- Distraction
- Bribing or rewards
- Ignoring child/behavior
- Time Out/isolation
- Over- explaining/ reasoning
- Threaten a punishment
- Yelling / demeaning
- Physical discipline

Parenting by Connection

- Build connection
- Move in close
- Make eye contact
- Set firm limits with warmth

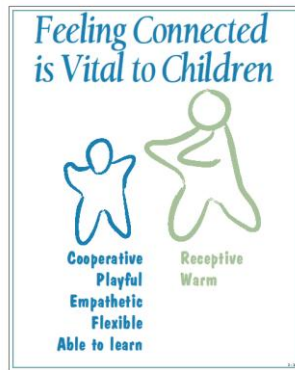
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Setting Limits That Build Better Relationships

Connection =
Security and Safety
When we feel connected we
are able to be our best self:

*warm, loving,
generous,
thoughtful,
cooperative,
flexible...*

What do children need
to feel connected?....



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What Do Children Need to Feel Connected?

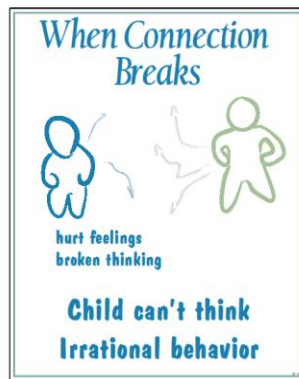
- To feel loved, liked, understood, respected, capable, safe, treasured;
- Lots of physical affection and closeness;
- Lots of hands-on physical play with peers AND adults;
- Freedom from fear of shame or belittlement;
- One-on-one attention at home;
- The opportunity to offload emotions through tears or even laughter with a caring adult;

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When one of your children is
feeling disconnected, that will
often show up in off track
behaviors: aggression,
clinginess, competing for your
attention, whining, name
calling, "I hate you!", not
doing what is asked, even
putting her/himself down.

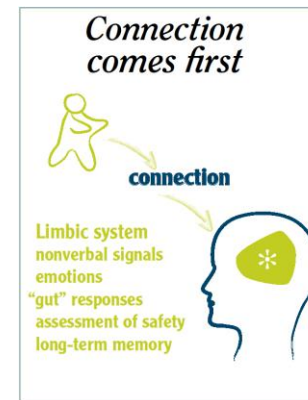
They are telling you
they have feelings that
are too much for them
to handle alone –
"I need your help!".

Let's look closer at the brain to
understand why.....



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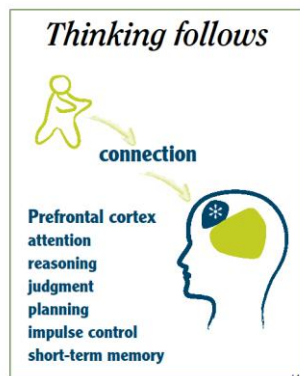
The Limbic System



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Engaging the Prefrontal Cortex

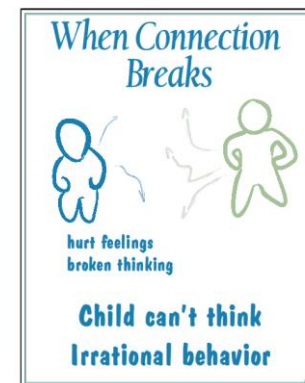


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Why Connection Breaks

- We don't have the opportunity to offload our big feelings ;
- Children are separated from us physically or from our attention;
- Their feelings are hurt by others;
- Stress – theirs AND ours or other adults;
- Witnessing or experiencing violence;
- Illness, accidents and other upsets;
- Triggers that remind us of past traumas.

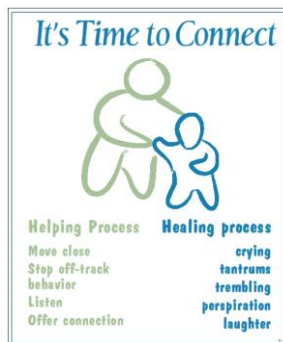
When connection breaks it feels like an emotional crisis or emergency to them (and to us!)



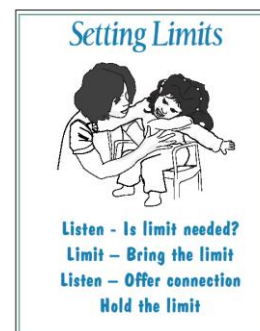
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How Children Offload Emotional Tension

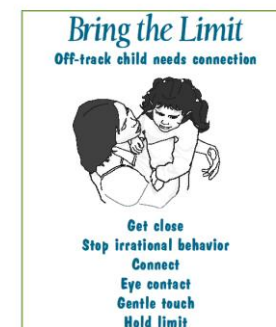
They are telling you they have feelings that are too much for them to handle alone – “I need your help!”



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*Is it a minor goof or a signal for help?
Can I set this limit playfully or do I need to prepare to Listen?*

Setting Limits That Build Better Relationships

A New Paradigm for Handling Feelings

- Make sure you are in the right emotional space to listen;
- Stay with your child during difficult feelings

you are giving them a gift of your warm attention;

- Just listen— don't distract, lecture or reason with them;

"I'll stay here with you until you feel better."

- You do not have to fix them or understand why they did what they did;

Trust that they want to cooperate

- They will feel relaxed and close to you after; flexible, easygoing, cooperative.



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Proactive Listening & Connecting Tool

To help children feel extra connected to parents

We are 100% present and focused

Warm, enthusiastic attention

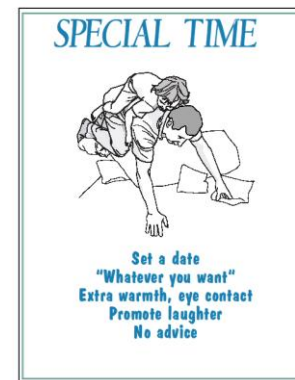
Time limited

Child led play

They may choose to play something that challenges us!

Prepare to Stay Listen: feelings may come up during or after because **you have created safety for your child!**

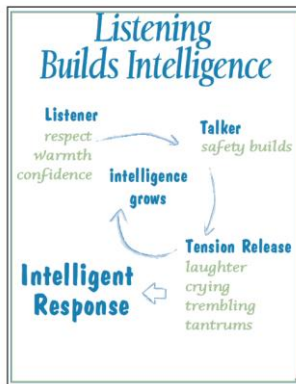
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We All Need Listening!

- Parenting can be hard, hard work;
- Parents do not get a lot of support in society;
- Parenting can bring up lots of our own OLD feelings;
- Listening Partnerships are a critical tool;
- After we are listened to we can think better and...

We can listen better to our children, too!



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A Listening Partnership

Let's take time to take care of ourselves!



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Setting Limits That Build Better Relationships

Hand in Hand Parenting Resources

Free Resources:

- On-line articles in English and Spanish
- Monthly tele-seminar calls: October 27th – Setting Limits
- New Parent Podcasts
- Community talks
- Yahoo discussion group
- Success Story Blog
- Monthly newsletter
- Facebook Page: Setting Limits
- Setting Limits Sample Course
- Recommended reading list

Other Resources we offer:

- In person and on-line classes
- One on one parent consulting
- Parent Intensive, Instructor Certification, Professionals Intensive course
- Booklets, DVDs, CDs and podcasts



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Hand in Hand Parenting shared a link. 38 minutes ago · 48

It's just possible that setting limits can help create a miracle. 🙏

<http://www.handinhandparenting.org/2010/07/15/listen-limit-listen/>

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3 people like this

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Hand in Hand Parenting shared a link. 47 minutes ago · 48

<http://www.handinhandparenting.org/2010/05/07/setting-limits-with-a-pre-teen/>

Setting Limits with a Pre-Teen | A Parenting Resources Guide - Hand in Hand Parenting
www.handinhandparenting.org

My wife and I also had to process our feelings: it didn't feel good to hear how painful it was for us to limit her social life in this way. She felt...

Like Comment Share

Hand in Hand Parenting shared a link. 2 hours ago · 48

How about trying a fun way to set limits?

Handling Aggression: Setting Limits with the Vigorous Struggler - Hand in Hand Parenting
www.handinhandparenting.org

Setting limits quickly, gently, with warmth and confidence helps when children lash out at others - whether it's hitting, biting, kicking, screaming.

Setting Limits after Dinner | A Parenting Resources Guide - Hand in Hand Parenting
www.handinhandparenting.org

Setting limits with children can be a gift when the limit is set with warmth and patience for our child to go through...

Like Comment Share

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5 people like this

Thank You for Coming!

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