



38218

The Incredible Years Project

University of Washington Parenting Clinic (206) 543-6010

Date

/ /

Leader 1

Leader 2

Site

PARENT GROUP LEADER CHECKLIST, Year 1

Session Seven: *Effective Limit Setting*

"The Importance of Being Clear, Predictable and Positive"

**Limit Setting Part 1: 3 - 12 (inappropriate commands)
25 - 29 (positive examples)**

Please mark those vignettes shown and discussed. Vignettes in parentheses are optional. Use if you have time.

VIGNETTES COVERED: Limit Setting Part 1

- 3 4 5 6 7 8 9 10 11 12 (19) (20)
 (21) (22) (23) (24) 25 26 27 28 29 (30) (31)

DID I:

1. Write the agenda on the board Yes No
2. Review parents' home activities; elicit reactions and experiences (to sticker systems and reading chapter) Yes No
3. Review parents' sticker charts and programs Yes No
4. Ask about buddy calls and assign new buddies Yes No
5. Brainstorm benefits and barriers to limit setting Yes No
6. Highlight key principles from parents' discussion Yes No
7. Explain this week's home assignment Yes No

SELF-EVALUATION:

"GEMS" OF SESSION

REMINDER OF THINGS TO PURSUE NEXT SESSION