

# The Incredible Years

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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