



Parenting during pandemic

Day 8: Limit setting without arguments

There may be a number of things you are trying to set limits on at the moment while children are at home and off school. Maybe TV time, video gaming, social media time and so on. Perhaps this is going really well but sometimes it may be leading to arguments so this blog has some helpful tips to support you with this.

1. Everyone needs to be clear on what the limits are and everyone needs to follow them. Sometimes a limit set by one adult at home is unintentionally undermined by another adult at home but if limits are clear to everyone, this can be helpful.
2. If the limits are set then everyone needs to follow them. What this means is that regardless of how tempting it is to give a few more minutes to finish a game or something, this is setting the system up to fail because next time there is likely to be a plea for even more minutes.
3. You can offer more minutes as a reward for doing something at home.
4. Try to transition into something fun. Nobody wants to stop doing something they like for something boring.
5. Ignore any moans about having to stop or comply with the limits.
6. Offer praise immediately when you get compliance because this is like a reward in itself and children will want more of this.

If you do end up arguing about the limits, don't worry, this happens to lots of people a lot of the time. Just apologise and try again later. Resistance or ambivalence to limit setting is normal in children and young people but if you are fair, calm and consistent then they should quickly understand. Resistance means you need to respond differently but try not to argue for change because your child won't be motivated to make the change if it came from an argument, in the same way that adults wouldn't like this.

If you find you are upset or angry about the argument, this may show that you are struggling emotionally just now. Try some deep breathing and relaxation techniques and if the problem persists, seek support. Use all of your support strategies and sources of support just now as it is important for both you and your child that you feel calm and able to manage in these difficult times. Pandemic and the associated restrictions are making things a bit strange for



everyone at the moment. If you feel you need more support, we are happy to speak with you. Please see our website for [more information](#).

We hope these tips are helpful. Well done on managing another day off school and we hope you will join us again tomorrow.

Tomorrow's topic: Supporting children with additional support needs while at home during the COVID-19 pandemic

Please [contact us with questions, comments or topics](#) you'd like to see covered. We'd love to hear your feedback.

Wishing you a safe and healthy path through this pandemic.