

**Talk Early. Talk Often.
They are listening!**

Setting Limits



Teaching young people about responsibility, self-control, and boundaries is important. Setting limits for young people is one way to show that you care about their well-being and safety. Limits should be age appropriate, be clear, and have specific consequences should limits be broken.

Remember that following through with consequences is an essential part of setting limits. BE CONSISTENT. And remember to be supportive and praise your child

For information , support and resources, please contact Southington Drug Task Force, Trish Kenefick at tkenefick@southingtonschools.org

