

Love, Limits, and Latitude:

Age: Any

Setting: Any

Purpose: To strengthen your bond with your child(ren) by showing them love, by giving them limits, and allowing them latitude to grow.

Instructions:

Love consists of affection, praise, warmth, and a sense of safety. This area is used in the Playtime PATs in the sections of talking about what you are doing, interactions skills and providing rewards. This is important because it helps the child feel valued and appreciated.

Limits are setting boundaries, clear expectations, and a firm foundation. When setting limits for the child it helps provide structure and communicates the behavior that should be repeated. In the Playtime PAT the areas this covers is explaining the rules and consequences. This also helps the child's development by communicating when problems arise by working with the child and letting the child figure out the problem with little assistance.

Latitude consists of choices, autonomy and following the child's lead. The Latitude allows a give and take relationship while allowing differences to be valued. This provides structure by giving the child freedom to make decisions within the parameters that are set between parents and the child. Latitude also helps build trust and empower kids to make the right choice.