

# Setting limits and seeking assistance

Reflect on your own communication responses.

Setting limits is about providing clear boundaries for the child or young person to respond. It is a step-by-step procedure aimed at helping a child or young person to feel more secure and to regain control. ([View example script](#))

A high probability instruction is one the child or young person is likely to follow. It aims to defuse a situation by diverting attention or giving the child or young person a face-saving way to extricate themselves from a developing situation.

Examples:

- Let's go for a walk around the playground.
- Will you go and get the swimming key for me?

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