

Restriction of Privileges Guidelines

Adapted from the IFC Manual (Wallace et al., 2019)

Privileges are something special that a child likes and has access to, such as:

- Electronics
 - TV
 - Video games
 - Computer/Internet
- Dessert or sweets
- Preferred toy
- Later bedtime



Anything that meets the basic needs of a child should NEVER be restricted, such as:

- Food
- Water
- Shelter
- Clothing
- Sleep
- Affection
- Access to adult supervision

An appropriate restriction of privilege is time-limited.

- Restrict a privilege for the shortest amount of time needed for behavior change to occur.
- The length of the restriction will vary by item restricted.
- Privileges should never be taken away for more than a day.
- If restrictions from an item do not result in behavior change, a different item may need to be restricted.



It is extremely important that you follow through with restriction of privileges.

- The restriction of privilege statement is a promise, not a threat.
- If you do not follow through with a privilege restriction, even once, the likelihood that your child will disobey in the future increases.
- The child must calm down before reinstating the privilege. The child CANNOT earn the privilege back during a tantrum. When the child is calm, the caregiver should:
 - Use a “When-Then” statement to reward only positive behavior before returning the privilege
 - Example: *“Your restriction of TV time is over. When you say, ‘Please, can I watch TV?’, I will plug it back in.”*
 - Example: *“Your cell phone restriction time is over. When you are calm for 3 minutes, I will return your cell phone.”*