BOUNDARIES:

A GUIDE TO KNOWING OUR BOUNDARIES IN OUR HOME

@STERNASUISSA
Parenting through Emotional Connection
sternasuissa.com

BOUNDARIES:

I will be guiding you to think through many of the various boundaries we may have in our home around:

- SAFETY
- PLAY
- HYGIENE
- SCREENS
- FRIENDS
- CLOTHING
- FOOD
- MONEY
- BEDTIME
- OUR PERSONAL SELF

I suggest you start with the thing you find the most challenging in your home. When there's lots of **struggles** in regards to an aspect in our home, often times it is due to **not having clear boundaries and also not expressing them clearly to our child.** Our child then may feel like things are unfair because our limits are not consistent & predictable.

When becoming clear on our boundaries, we can then invite our child to choose from various options within our limits. The more we explain the reasons behind our boundaries, the more knowledge our child gains on understanding why things are the way they are & it can help them take good decisions for themselves as well as they grow older with this understanding.

BOUNDARIES:

OUR BOUNDARIES IN REGARDS TO SAFETY:

- **The safety of everyone around our child** (example: not allowing our child to hit someone)

- **The safety of our own child** (example: the need for a helmet when they ride their bike)

- **Keeping the environment safe** (example: not allowing our child to throw their items around when feeling angry & littering)

BOUNDARIES:

OUR BOUNDARIES IN REGARDS TO PLAYING:

- Are there items your kids need to ask you before taking out? (example: slime, paint)

- Are there certain toys that don't align with your family values which you will not bring into your home or buy? If yes, which ones?

- Are you okay with your kids taking out all the toys at once or do they need to take out only a few at a time so that cleaning up is manageable?

- Add any other boundaries you may have around playing:

BOUNDARIES:

OUR BOUNDARIES IN REGARDS TO HYGIENE:

- How often do you find it necessary for your child to shower or take a bath?

- Can your child go to sleep in clothing or do they have to wear pyjamas?

- Does your child have to brush their hair? how often?

- Add any other boundaries you may have around hygiene:

BOUNDARIES:

OUR BOUNDARIES IN REGARDS TO SCREENS:

- How much screen time can your child have? Be as specific as possible (share the time of day & day of the weeks if applicable).

- Can your child use certain devices freely or do they need to ask before hand?

- If your child watches movies & TV shows / plays games, do they need to choose together with you or they can choose freely on their own?

- If your child has their own device (cell phone, iPad, computer etc.), can they download whatever app they want? Can they have social media accounts?

- Are there any exceptions when it comes to using screens for the use of homework?

- Add any other boundaries you may have around screens:

BOUNDARIES:

OUR BOUNDARIES IN REGARDS TO FRIENDS:

- Can your child sleepover at their friend's house?
- If you have neighbours your kids play with, what are your boundaries around the neighbourhood friends?
- Add any other boundaries you may have around friends:

OUR BOUNDARIES IN REGARDS TO CLOTHING:

- Can we let our child choose their own clothing? Share any exceptions, if any.
- Add any other boundaries you may have around clothing:

BOUNDARIES:

OUR BOUNDARIES IN REGARDS TO FOOD:

- What are our boundaries when our child doesn't want to eat the food we have prepared?

- Can our child take whatever snack they want freely? if not, are there certain things they can take freely?

- What are our boundaries if our child shares with us that they are hungry once they are in bed already (for bedtime)?

- Add any other boundaries you may have around food:

BOUNDARIES:

OUR BOUNDARIES IN REGARDS TO MONEY:

- Do we give a weekly or monthly allowance to our child? If yes, share the amount that will be given.

- What are the boundaries around money that our child receives from other individuals (birthday gifts etc.)?

- What are our boundaries around our child wanting something that is above our financial budget?

- Add any other boundaries you may have around money:

BOUNDARIES:

OUR BOUNDARIES IN REGARDS TO BEDTIME:

- What time is our child's bedtime?

- What are our boundaries in regards to the location of where our child needs to sleep? Can they come to our room?

- Add any other boundaries you may have around bedtime:

BOUNDARIES:

OUR BOUNDARIES IN REGARDS TO OUR OWN SELF:

- What are our boundaries around our child wanting to go into the bathroom with us? Do we want our personal space or we don't care?

- What are our boundaries when our child wants to eat the food on our plate?

- What are our boundaries around our personal belongings (closets, bags etc.)?

- Add any other boundaries you may have around our own self: