

BOUNDARIES:

KNOW YOUR BOUNDARIES

- We need to be **CLEAR** on what are our **non negotiable boundaries** & which boundaries we are willing to **collaborate** with our children on. Sometimes we can also offer **choices within our limits or redirect** our children.
- Sometimes having things not clear & wishy washy according to our mood or day is what frustrates our child more than the actual boundary.
- **We cannot leave it up to our child to follow through with our boundaries.** children need our help. Oftentimes, we get frustrated because we expect this of them without our help.

Non negotiable boundaries that are usually the same for all families :

- **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)