

Tips for Setting Boundaries with Parents After Marriage

1. Establish new expectations of family time
2. Address unhelpful comments
3. Call out their projections

Tips for Boundaries with Parents After Having Children

1. Limit their advice on your parenting style
2. Set ground rules for babysitting
3. Address their challenge to your authority

General Tips to Set Boundaries With Parents

1. Know your limits
2. Let go of guilt over having boundaries
3. Frame boundaries as a sign of appreciation
4. Be direct about your needs
5. Know when you need space



Tips on How to Set Boundaries with Toxic Parents

1. Stick to your boundaries
2. Communicate clearly
3. Accept that they won't change
4. Avoid conflict when you can
5. Build a support network
6. Have self-compassion
7. Begin journaling
8. Seek therapy
9. Cut them off if necessary



Boundaries with Parents Can Sound Like:

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|---------------------------------------|---|---|
| Parent shows up unannounced | → | "I am not available without advance notice" |
| Parent raises their voice/insults you | → | "I will not continue the conversation this way" |
| Parent is chronically late | → | "I will not wait more than 15 minutes" |
| Parent asks intrusive question | → | "I would prefer not to talk about that" |
| Parent comments about your body | → | "I appreciate your concern but that is none of your business" |

@SitWithSharon