

BOUNDARIES WITH KIDS

@conscious.parents

Physical

MODEL

You are so excited to play. Me too!
I don't like others jumping on my back. Please climb off and let's decide what we want to play.



TEACH

If your brother hits you it's okay to say, **No. I don't like that. Stop.**
Here, let's practice it together.

Setting Rules and Boundaries



Stop Fighting

You cannot effectively guide or mentor your teenager if you're arguing all of the time. Refuse to listen when your child is being disrespectful.



Don't Expect Anything

Don't expect your child to thank you for your discipline. Hold fast to your values and know your unpopular decisions will pay off.



Be Clear

Be clear about your expectations. Explain the rules, consequences and rewards for behavior before it occurs.

Parenting Assistance Line
Call, Text or Chat at pal.ua.edu



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When setting a boundary
ask yourself...

Is my child or someone else in danger?

Is this boundary about respecting my
child, others, or myself?

Is this boundary coming from what I
believe my child should be/do?

i.e. my ego