

Boundaries

Building your child's sense of calm, control and choice.



Respect

How do you respect your child's "no" and how do they respect yours?



Consistency

Which 2 or 3 limits can you be consistent with daily during the summer?



Listen and Learn

Ask your own kids what works and what doesn't. And compromise.

Boundaries grow responsibility.

It's hard to remember that the summer can bring on more worries and fears. Learning boundaries is how your child learns responsibility. Limits are an outside boundary put in place to help your child make an internal boundary. It provides clear expectations - exactly what we want!

1

TEACH IT

You can teach your child limits - the ability to hear and say no in an appropriate way.

2

MODEL IT

Children watch how you treat them, your partner and your work.

3

LIFE LESSONS

Help your child make it a part of their internal world by actually doing what you say.

Children crave the safety of a hard line drawn in the sand.

When things are chaotic (within themselves or a change in environment), children push back on expectations to try make sure that they are safe. If boundaries are really off, they'll regress looking for comfort that they received from you when they were much younger.



This is when the whining can become unbearable or the silliness starts. Read: farting at the dinner table. Insert eye roll here...

“Children learn responsibility, security and the meaning of ‘later’ when they know their limits.”

It isn't easy for children to make their big feelings, feel not so big. Temper tantrums are the direct result of letting big feelings take over completely. As children get older, they learn how to talk about their needs through talking with you.

Learning how to calm down, can be a lesson in patience in getting what they want. They learn how to cool off and how this in itself, has a reward down the line for them. This teaches them how to have a goal in life, and to enjoy the reward of that goal when they reach it. This only comes from setting limits and STICKING to them. As hard as it is, you have to choose to stick to your word. If you say bed at 9pm, you mean it! Not only do you teach your child good behaviors (and for good reason like health and self-care!), but you also role model what it means to stick to your word. I know it's hard. And I also know you can do it!

WHAT YOU CAN DO:

Your child needs to know that they are safe. School has routines and structures that help them know exactly what happens and when. Summer can be a hard time for our kids, because a lot of those routines disappear.

Choose three support structures that you can put into place during the summer. Maybe it's a consistent bed time, even if it's later than normal. Maybe it's a consistent warning system for unwanted behaviors e.g. 2 warnings and then on the 3rd, your child has consequences as decided upon by both you & your child.

A reminder: when your child pushes the boundaries, its a sign they are "doing what kids do." This is developmentally appropriate and you're doing exactly what you need to be doing as a parent - setting the boundaries. High five you!

