

You may want to be your child's hero,  
but let them be their own!

Here's a guide that will tell you all about  
**Boundaries and Children.**



# PARENT GUIDES!

by Project uP

## **(i) Use Kind, Concise Language To Explain The Concept of Boundaries:**

The first step is to let your child know what a boundary is. You can do it in words as simple as possible. For example:

*"We all have a thing around us called a boundary, which is a line between ourselves and other people.*

*You can't see it, but it's there- it's kind of like an invisible forcefield and it's there to protect each of us.*

*You are completely in charge of that forcefield around you. You can decide when it goes up and when it comes down.*

*You decide what's allowed in and what has to stay out. You're the boss and you'll always be the boss."*

## **(ii) Involve The Child In The Process Of Boundary-Setting:**

When children share ownership of the rules, they're more invested. But how to ensure their share in the formation of these rules? By family communication!

Family communication gets everyone involved in setting the boundaries. Thus, having regular family meetings can definitely help!

## **(iii) Avoid Labelling Children As 'Good' or 'Bad':**

Children—and adults—behave in ways that are acceptable and in ways that are unacceptable.

Labelling a child as “bad” when they fail to respect a boundary will do little to improve behaviour, and a lot to create a negative self-image. As a parent, you need to understand that they will learn over time.

## **(iv) Teach Them How To Say 'No' Without Guilt:**

'No' is the best, most powerful word when used the right way.

Tell your child that if someone asks them to do something that, according to them, feels bad, wrong, or if they simply don't want to partake, they have all the right to straight up say 'no', without any guilt or shame!

## **(v) Be Trustworthy:**

Your child needs to know that they can count on you to respect their boundaries!

Let them know through your gestures that you trust them completely and they can reciprocate without any fears.

**Now that your child has set  
their boundaries,  
this is how you honour them:**

## **(i) Let Them Decide Who To Hug & Kiss:**

Forcing a child to hug a relative or a family friend is one of the most common ways in which we disrespect their boundaries. Instead of hugging or kissing, your children may choose to greet adults with a simple 'Hi!' or a wave.

It is imperative for a parent to not expect a child to be naturally comfortable with gestures involving touch. And even if over time they're not, that's completely okay. Their comfort is what matters.

## **(ii) Allow Them To Enter Social Situations At Their Own Pace:**

If your child needs some time to assess a social situation before they're ready to join in, do your best to respect and support them.

They may need to go to a quiet corner before interacting with others. When they feel comfortable enough, they'll join in the festivities.

### **(iii) Respect Their Feelings:**

The mind works the same way for all, regardless of a person's age. The stimuli, of course, vary, but human psychology and the systems of feelings and emotions remain the same across all age groups.

Instead of telling a child to 'stop crying because there is no reason to be upset,' validate their emotions.

You could say- 'I understand that this is very upsetting, what do you think we can do to make it better?'

### **(iv) Say No To Spanking, Slapping, Or Hitting: Use gentler methods of discipline.**

Alternatives to spanking include getting down on their level and trying to solve their problem, explaining things to them gently, and redirecting their attention to another task.

## **(v) Respect Their Privacy:**

Unless you have a good reason to be worried for your child's safety, don't snoop through their room, diary or phone. If your child is generally responsible and reliable, invading their privacy without a solid motive sends the message that you don't trust them and could push them to become more secretive.

Likewise, don't share details about your child's personal life on social media or with extended family and friends. Not only is it embarrassing for them, it's also likely to deter them from telling you their secrets and feelings in the future. Earn your child's trust by showing them that you're an impenetrable fortress when it comes to their personal business.



**Children are clever and intuitive.**

**When they say something is off, it usually is.**

**Ask them for information, for their opinion.**

**Ask them what they think you should do, and let them know that you understand.**

**Teach children that setting boundaries is one of the bravest things they can do.**

**It's important to respect other people, but it's even more important to respect yourself first – and putting up your forcefield is one of the ways you can do this.**