

## **Key Ways to establish your Boundaries**

*(Choices Additional Materials Section 3)*

### **Keep a sense of humour and remain positive**

It always helps and can defuse potentially difficult situations

Laughter is a great healer and can bind people together. Ensure you laugh with your children on a regular basis and that you work hard to resolve anger in your relationships.

Psychologists tell us that praise works much better than criticism and if you can praise your child ten times more than you criticise it really does work. Give them more attention through praise for the things they are doing which you like rather than majoring on the rules they are breaking.

### **Set a good example**

Listen! You were given two ears on one mouth for a reason

Be solution focussed

Extend trust in them and keep your word

### **Do not compare yourself with others**

You are a unique person and so is your child. Work out the boundaries which help in your situation.

You do not have to be the same as others and do not compare your child(ren) with others or yourself or other parents.

### **Work together with your child and your partner to establish the boundaries**

It is at this age that your child will try to play one person off against another to get their own way.

Negotiate with your partner first and then with them. Talk about what will happen if the boundaries are not followed. Set appropriate sanctions.

### **Allow them to take responsibility and make decisions**

This can be frightening but it is an important part of growing up and remember young people will always want to go against the trend. It is part of establishing their unique identity and finding out what is important. Provide the safe place within the family for them to do just this.

### **Children (and people!) thrive on consistency and routine**

Any boundary will be tested and take time to establish but if consistently applied will often prove fruitful. If the boundary does not work at first do not give up keep on going. Anything worthwhile takes time but...

### **Be prepared to adapt if necessary it is a process**

It never hurts to admit you were wrong or to change. Stay flexible!