

BOUNDARY SETTERS

Kids need healthy boundaries to feel safe, secure, and loved.

Phrase Boundary



- **Use short, simple phrases.**
- **No long explanations or lectures.**
 - "Respect the 'no.'"
 - "Let's discuss this respectfully."
 - "Can we reach a compromise?"
 - When/Then: "When homework is done, then video games can be played. Thank you!"

Day Boundary

- **Use a day of the week**
 - "Sunday is our "No Tech" day."
 - "It's Friday night so you can have a soda with your meal."
 - Monday, Wednesday, Friday you can play video games. The other nights will be family time.



Time Boundary



- **Use a specific time for when things will or will not happen.**
 - "It's 8pm, it's time to get ready for bed."
 - "It's 9:30pm and that's when electronics turn off."
- **Use time limits and timers.**
 - "When the timer goes off, it will be time for family time."
 - "10 more minutes until bedtime."

Family Identity Boundary



- **Use your family character traits or values.**
 - "We are the Sanchez family and we are respectful. Please rewind and try that again with respect."
 - We are the Johnsons and we don't allow _____ in our home"
 - "I know that's what the Millers do, but we are the Leeb's."

Physical Boundary



- **Use a physical item or landmark.**
 - "You can ride your bike around our block only."
 - "The dinner table is a No Tech Zone."
 - "You may go to your friend's house, but no where else."

Age Boundary



- **Empower kids with their age.**
- **Use age for limits and lessons.**
 - "I know you didn't like broccoli yesterday, but you might like it today since you are a day older."
 - "You're a day older now, I bet you can listen and obey."
 - "You have to be 10 to watch this movie."
 - "When you're 13, you can play this game."