

# Boundaries

## Why is it important?

Boundary lines are a necessary part of any healthy relationship, and this includes the parent-child relationship. Boundaries or limits are like on a sports field: If you cross them the consequence is the game stops, or someone gets a penalty. Children can understand limits and consequences in the same way. Sometimes we call limits or boundaries 'rules'. It's completely natural for children to test boundaries to see how far they can stretch them!

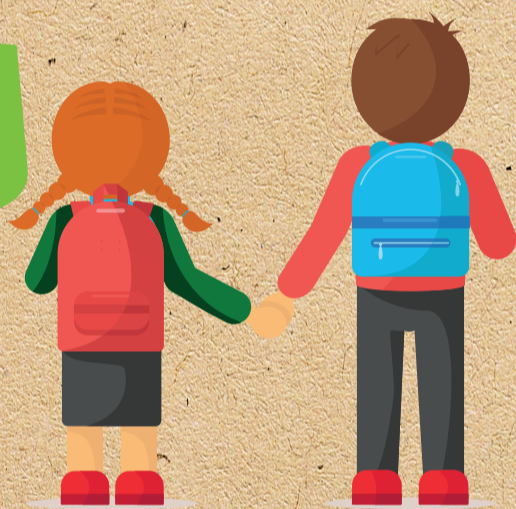
Having boundaries are important as they make children feel safe. They help children make good choices.

Boundaries work far better if they are made and agreed by everyone. When children understand why you make decisions, or if they know you've taken their opinions into account, they are more likely to co-operate. This is, however, easier said than done!

## What sort of targets will the children be working on?

As always the targets will be matched to the development stage of the children, but may include things like:

- I can use words when I am upset
- I understand that I cannot always be first
- I can use kind hands and kind feet
- I can follow the school rules and know why they are important



## How can parents help at home?

Here are some ideas for you to try at home:

- Try to use positive language – tell your child what to do, rather than what not to do. For example, say “please walk” instead of “don't run”. Or if your child is being very loud, try telling them to use their “inside voice” and then they can use their “outside” voice when they are in the garden or on a walk.
- Communicate what you want them to do clearly. “It's time to put on your coat now” is much clearer than “should we get our coats on now?”
- Use pictures or a visual timetable to show what is happening during the day/week
- Read stories about kindness and sharing at bedtime
- Use pictures and images for children to show how they are feeling
- Find a time in the day for reflection e.g. dinner time. Tell me something positive that happened today?
- Use timers to help children know when an activity is coming to an end or about to start
- Play turn taking games e.g. card games, board games

