

Tips For CREATING BOUNDARIES WITH CHILDREN

Be a leader



Provide guidance and support. Encourage & show excitement for their growth and development. Most importantly, be a positive role model.

Establish clear rules

Set age-appropriate screen limits and bed times. Be firm and provide consistent reinforcement and consequences.



Expectations

Start everyday with a game plan for the day and tell your children what that is. Set the expectations daily.



Teach them privacy

Discuss the importance of respecting family's needs for personal space and privacy. Teach them to always knock first before entering a room.

