

# Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



## What is this resource and how do I use it?

Creating boundaries with your child is a great way to establish good, healthy relationships with them. Simply read through these tips, hints and suggestions for setting limits in a kind-hearted way.

## What skills does this practise?

Communication

Emotional Intelligence

Self-Awareness

Setting Boundaries

## Further Activity Ideas and Suggestions

Why not try our [When My Child is Angry, I Will](#) resource when tensions are running high or our [How Do You Say 'No'? Worksheet](#). We have further support and guidance in our [Behaviour](#) section of the Parents' Hub.

Parents Blog



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Parents Hub

# Signs You May Need to Set Boundaries as a Parent

**You feel guilty and anxious about saying 'no'.**

**You feel overwhelmed and frustrated most of the time.**

**Your child frequently acts out or escalates their behaviour in an attempt to test you.**

**You see your child as an extension of yourself.**

**You often avoid disagreements with your child.**

**You find decision-making really difficult.**

**You worry a lot of the time about your child rejecting you.**

**You feel like your caregiver didn't set healthy boundaries growing up.**

# Benefits of Setting Boundaries

**Setting boundaries establishes good, healthy relationships.**

**It helps teach children to set their own boundaries.**

**Boundaries provide a safe environment as children know what to expect.**

**They set a tone of how you wish to be treated.**

**Boundaries decrease frustration and anger, while increasing self-care and self-respect.**

**Setting boundaries creates an understanding of family needs.**

**They boost support, peace and connection as a family unit.**

# Setting Boundaries Sounds Like...

**"I'm not in an energetic mood right now, can I watch you play instead?"**

**"Let's talk about this later when I can concentrate better."**

**"I'm just finishing up here, then I will make you that snack."**

**"I understand you are angry but I will not allow you to talk to me in that way."**

**"One last game, then I will need to take a rest."**

**"If you both call each other names or argue, I will leave the room."**

**"Let's try taking a deep breath together as we need to practise calming down."**

**"I need to keep you safe even though you want to do that. Can we try this instead?"**

# Tips for Setting Boundaries

**Be consistent and set clear guidance.**

**Communicate your expectations with loving and precise detail.**

**Hold a family meeting to help your child feel invested in the process.**

**Praise your child when they show respect for the family rules.**

**Try to work as a team with other caregivers in the house.**

**Avoid bribes when you can and try to encourage cooperation.**

**Set boundaries that are appropriate; considering your child's age and circumstances.**

**Be a great example when it comes to respecting boundaries.**

**Reframe your confidence issues surrounding saying 'no'.**

# Setting Boundaries Activity

Have a go at getting together some ideas or phrases that might be useful when communicating your boundaries to your child. It's great to allow time for questions from your child and to be as kind-hearted as possible.

This is what I would like from you:

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A family meeting to talk about this would be great because

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I can't let you do that because

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I am finding this behaviour challenging because

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It's okay to feel that way but, to keep safe, we need to

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# Setting Boundaries Activity

I'm drawing the line at

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Working as a team is wonderful because

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I noticed you did these things so well when

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Sometimes I need to say 'no' because

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# Ways to Teach Children about Boundaries

**It's okay for them to show their affection any way that feels right for them.**

**Some things that are fun for your child are not always fun for other children.**

**It's okay to say 'no' and listen when others say 'no'.**

**It's great to actively listen to other people's needs.**

**Personal space and being the boss of our own body is crucial.**

**It's okay to speak up if anyone is making them feel uncomfortable.**

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