

SETTING BOUNDARIES

WHAT ARE BOUNDARIES?

Personal boundaries are healthy limits we set to keep ourselves safe and comfortable. They help protect our feelings, our space, and our minds from being hurt or taken over by others.

WHY ARE BOUNDARIES IMPORTANT?

Parenting can be a struggle sometimes on so many aspects - financially, emotionally, mentally, and/or physically. Setting healthy boundaries can make things easier and help parents feel more in control.

HOW DOES IT HELP?

- ▶ Help us feel closer to our kids.
- ▶ Create a respectful and calm home.
- ▶ Give parents healthy control without being harsh.
- ▶ Support children's mental and emotional growth.
- ▶ Make life more predictable and less stressful.
- ▶ Help kids feel safe and secure.
- ▶ Teach kids how to handle emotions, solve problems, and care about others.



The Children's Health and Wellbeing Local is jointly funded by the Victorian Government and the Australian Government through the Head to Health Kids Initiative.



PRACTICAL STRATEGIES FOR SETTING BOUNDARIES FOR CHILDREN

- ▶ Establish predictable routines so children know what to expect, e.g. “First we take a bath, then breakfast.”
- ▶ Offer limited choices like “Would you like to do Math or Science?” to give them control within boundaries.
- ▶ Use clear, simple language such as “Dishes go in the sink” to set easy-to-follow rules.
- ▶ Set age-appropriate expectations based on your child’s stage of development.
- ▶ Stay calm and consistent - avoid shouting or changing rules often to build trust and security.
- ▶ Acknowledge emotions, not misbehaviour: “I know you’re upset, but the rule is one treat after dinner.”
- ▶ Use praise and positive reinforcement to encourage good behaviour.
- ▶ Model respect, patience, and calm problem-solving - children learn best by example.

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