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Setting Boundaries Without Constant Arguments



WHAT THIS IS

Children test boundaries to learn where they are.

HOW TO USE IT

1. Decide ahead
2. Say it once, kindly
3. Acknowledge feelings

EXAMPLE

"I hear that you disagree. The answer is no. I'm happy to talk after dinner."

Why this happens

Children test boundaries to learn where they are. Arguments grow when rules change or we explain too much in the moment.

What your child may need

Predictable rules, brief responses, and your calm follow-through.

Try this

1. **Decide ahead**
   Know your rules and consequences before conflicts start.
2. **Say it once, kindly**
   Short, clear, and calm. Skip the debate.
3. **Acknowledge feelings**
   "You're disappointed. The answer is still no."
4. **Follow through**
   Consistency teaches more than words.

Try saying:

"I hear that you disagree. The answer is no. I'm happy to talk after dinner."

Avoid:

Over-explaining, changing the rule when they push, or arguing back.

My plan this week

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.