AGES 3–12 EDUCATIONAL GUIDE

Setting Healthy Boundaries



WHAT THIS IS

Boundaries are the safe edges that help children feel secure. They work best when they are calm, clear, and consistent.

HOW TO USE IT

1. Choose 3 to 5 important rules.
2. Say them in a short, positive way.
3. Decide in advance how you will follow through.

EXAMPLE

"Rule: We use gentle hands. If someone hits, we stop the game and take a break."

CALM

Lower your voice. Your calm helps your child borrow calm.

CLEAR

Short, specific, and positive: "Feet on the floor."

CONSISTENT

Follow through the same way each time, kindly.

Our household rules

Rule (positive wording)	Why it matters	What happens if it is not followed

Try saying: "I won't let you hit. I'll help you stop."

Avoid: threats you cannot keep, long lectures in the heat of the moment.

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