

SETTING BOUNDARIES

Boundaries! Boundaries! Boundaries!

What are they?

Boundaries are rule that we put in place for safety purposes

As parents our role is to look after our children, part of looking after our children is to keep them safe.

Keeping them safe means setting boundaries and putting routines in place within the home. One of the earliest boundaries parent set is around safety guidelines. You don't want to be the parent that say "NO" to your toddler all day long. You want to be a positive parent who can say no by setting boundaries for your toddler without being negative.

Every day we our lives by expectation, and rules that we put in place to maintain stability. As parents and adults, we put rules in place for our children around behaviour and safety to ensure that they can maintain and interact with others appropriately.

So that is the main reason for having boundaries. So, when your little one discover the word "no" and is using it all day long and not following any simple instruction given. You don't have to be sounding like your child constantly saying no to them,- everything they do.

It is everything from your child throwing a titty fit in the supermarket to throwing all their dinner on the floor. From "no" don't hit your sister to stop biting your friend. It goes right through to don't stick the pencil in your ear.

Setting routine and boundaries both for yourself as well as your child is one of the most important part of parenting you can every do. Yes I agree with you it is exhausting but if you are a parent,

care giver or work with children, setting boundaries is part and parcel of raising children.

Your child will always be looking to testing any boundaries, until they come to the point of realisation that you are irremovable, and they are not getting anywhere.

TIPS FOR SUCCESS BOUNDARIES FOR TODDLERS

- *Decide on what boundary you want to set before your toddler is throwing a tantrum.*
- *Do not put too many boundaries in at once. For a toddler a maximum of three at a time*
- *Use clear and simple words that your toddler can follow- simple instruction.*
- *Be clear and consist in the boundaries you set .*
- *Be gentle and firm using calm voice> do not allow your emotions to get the better of you.*
- *Distract your child by offering an alternative , so they shift their focus.*
- *If your child is energetic by nature give your child something to channel that energy into that they enjoy doing*
- *Boundaries work well when all parties are in agreement.*
- *Your job is to teaching your child what is acceptable behaviour, when you see them doing something that is totally unacceptable.*