Setting boundaries

What does the phrase “setting boundaries” mean to you?

How did the people who raised you set boundaries for you?

How will you react when your child:

Does something good?

Does something not so good?

Does something dangerous?

Babies are not born knowing what is allowed and what is not allowed. You must teach them these rules. By setting boundaries, you help your child to learn how they should behave. Boundaries give a child a sense of security, and consistent boundaries create trust.

Setting boundaries is a matter of balance. It is good for the child to have boundaries that are neither too strict nor too lax. The key is to find the perfect middle ground. Rules are meant to:

- Protect the child’s health and safety
- Give the child a sense of security
- Match the child’s level of development
- Make sense to the child



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Talking to your child:

- Make eye contact with your child. Position yourself so you and your child are at eye level
- Use a firm, but friendly tone of voice
- Use positive forms of speech. For example, “Feet should be on the floor, not on the chair”
- Give reminders

Let your child speak:

- Let your child express their feelings. All types of feelings are allowed – both positive and negative
- Listen when your child is speaking. Children are more willing to listen after they themselves have been listened to
- Set clear boundaries and be a clear and consistent adult
- Be curious and interested in your child
- Accept your child for better or worse
- Give your child unconditional love

Setting boundaries with love

Everyone needs boundaries. Boundaries are important to create trust in relationships with other people

How do children feel about playing with someone who never follows the rules?

How do you feel when other people don’t share your ideas about setting boundaries?

Watch a video about being bigger, stronger, wiser and good:
folkom.no (barn)

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