

WELL-BEING SNAPSHOTS K-7

HEALTHY BOUNDARIES

Healthy boundaries are important for taking care of our physical, emotional, social, and spiritual selves. They offer opportunities for building trust in relationships. Teaching our children how to build and maintain healthy boundaries keeps them safe, gives them a voice, and grows a sense of personal self—the line between “who I am” and “who I’m not.” This helps our children make healthier decisions and hold true to personal values and worth.

We teach our kids how to have healthy boundaries by modelling those as adults and by honouring personal boundaries of our children, we let them know we value people’s individual sense of what is okay for them and what is not. We can disagree and still be respectful of others while remaining in relationship with them.

Four keys to setting boundaries:

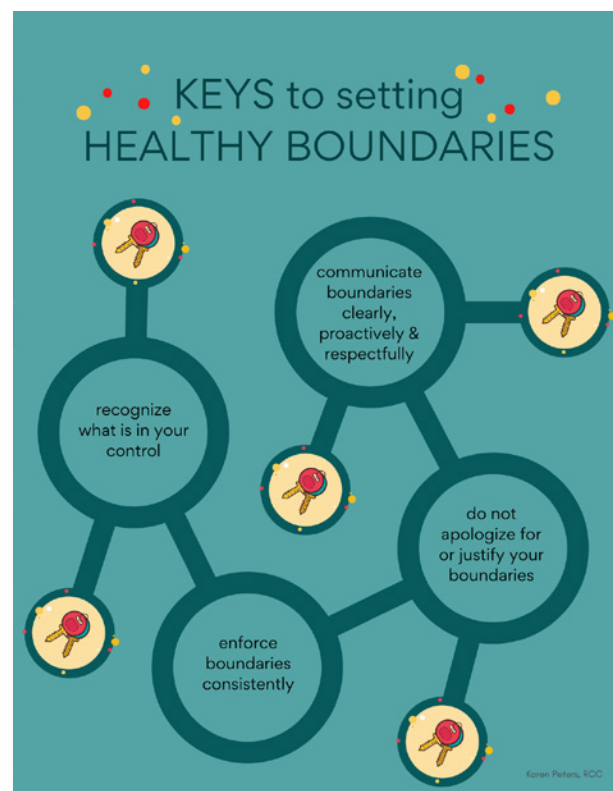
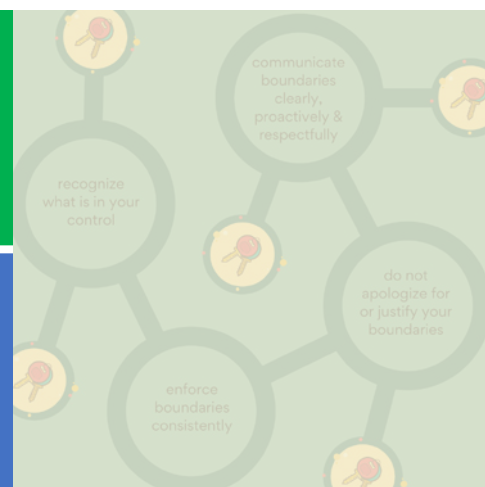
1. *Communicate them clearly, proactively and respectfully.* Fuzzy boundaries are confusing. Not articulating boundaries means you expect others to read your mind, which can quickly lead to resentment when you find out they aren’t able to do that. Clear and firm boundaries can be communicated with respect.
2. *Recognize that they might make others feel uncomfortable.* Providing clarity for why the boundary is needed or helpful for you may offer the other person the information they need to better understand. You are not responsible for how others feel when

you set those boundaries and do not need to apologize for setting them.

3. *Understand what is in our control.* We can set clear boundaries, however, we cannot control whether or not others will respect them. Focus on reiterating what is okay and not okay for you, and focus less on what you expect from the other person.
4. *Hold them consistently.* If we are quick to change or compromise our boundaries, they are less likely to be understood and honoured.

By having healthy boundaries and teaching them to our children, we are modeling and valuing integrity and respect for ourselves and for others. When we recognize our own worthiness, we can more quickly honour the worth of others in healthy ways.

There is no age too young to begin interacting with respect for their space and place in this world. Find small ways each day to nurture healthy boundaries in relationship with your children and you will teach them a sense of worth that will serve them for a lifetime. ●



RESOURCE LINKS:

[Parenting in the Trenches Podcast, Series 3 Episode 4](#)