

Establishing rules and setting limits for your little ones

Why is it important to have rules and limits for your little ones?

Having rules and setting limits allows you to provide a framework for your child/children to be able to understand what is expected from them. This will build a foundation for them throughout their life, at home, with their friends and at school.

By setting limits, you as a parent are teaching your children important skills that will help them to succeed in all areas of their life.

We have these rules and boundaries in place to keep our little ones safe and protected from harm or danger.

In order to have rules and limits you need to have consequences too

Children need clear rules and consequences. Children feel safe and secure when they have structure and if they know what is acceptable and what isn't.

When setting rules and deciding consequences they should always be delivered with kindness, love and understanding.

You need to talk to your child and explain to them why, they need to be able to understand and process why they have the rules and why these actions have consequences.

Children will test the boundaries, they will test you and try to push you

As children grow most of them will test the limits and that is completely normal.

This is why it is so important to be able to follow through with a consequence.

Never make a rule of consequence you can't or won't enforce.

Every child is different

This may mean some things work well with some children and they may not work with others. You may need to try some different ways before you find what works for you and your family and that's okay!

Remember...

If you feel like you need any help, advice or tips on setting boundaries for your little ones don't forget Danielle and Lianne run a parenting hotline on a Tuesday 10:30am—12pm.

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We will be more than happy to answer any questions you may have so feel free to get in touch.