DATE _____

Freedom in Boundaries

- Free yourself from decision fatigue- set the boundary today, enact going forward
- Kids learn boundaries from an early age – if you don't set them now, they won't know how to enact them later
- Communicate clearly the intent behind why you are setting a boundary
- Analogy: soccer field boundary set, free to run in the space
- Children thrive in order. Inconsistencies, chaotic environments, not knowing what's coming next can build an anxiety disorder
- By setting boundaries, you are taking care of your future self which is a form of self care

IDEAS OF BOUNDARIES I CAN SET:

1.

2.

3.

4.

5.

I DON'T WANT TO FORGET:

I AM WALKING AWAY WITH:

...that I didn't have before we started.