



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

SETTING BOUNDARIES

Children feel insecure when they don't have clear limits. Just as children need a regular bedtime, plenty of sleep, a healthy diet, and other, predictable routines to keep them healthy, and need rules—such as not crossing the street without an adult or never sharing personal information on the internet—to keep them safe, they need boundaries to give them a sense of security (verywellfamily.com). When parents do not provide clear boundaries, things can be confusing and children may not know what the expectations are. Boundaries so important in our daily lives with developing healthy and positive relationships.

This is especially true with our current situation. As we spend more time with our children and spring break right around the corner, it can feel exciting to have this time together and to begin planning fun things to do together. This time can also bring some challenges and difficulties in setting boundaries for everyone in the home. Boundaries are healthy for any person, adult or child- boundaries set limits and space for everyone, teaches children how to be mindful of the needs of others around them, and how to be safe. Here are some ways parents can gently guide kids in the right direction when they test limits:

1. Set clear expectations. (In the yard, you can only play on the grass. You can't go out of the yard. At the store, you can sit in the cart.)
2. Start early. (Establishing expectations early on helps children to have consistency and know what is expected of them.)
3. Be a role model. (Consistently model correct behaviors. Your child is watching what you do and is very observant.)

4. Offer choices and consequences. (At the store, you can either sit in the cart or walk with me holding my hand.)
5. Commend your child for obedience. (Good job walking by mommy on the sidewalk! You were being very safe!)
6. Provide space for everyone to have a place to reset and breathe (Taking a walk in the yard, have a calm down area in the child's room, etc.)
7. Plan time to do things together and time to do things individually (Family game nights or quiet time for everyone to have a break from one another.)

Source: <https://www.verywellfamily.com/whos-the-boss-how-to-set-healthy-boundaries-for-kids-3956403>

Additional Resources:

<https://www.scholastic.com/teachers/articles/teaching-content/ages-stages-boundaries/>

<https://www.empoweringparents.com/article/parental-roles-how-to-set-healthy-boundaries-with-your-child/>

<https://inspired-motherhood.com/setting-boundaries-with-my-kids/>

www.zerotothree.org

<https://childmind.org/article/teaching-kids-boundaries-empathy/>

Quote of the Week

"The most aligned relationships are the ones that consistently contribute to your happiness, growth and fulfillment. The most misaligned relationships constantly deplete happiness, stall growth and limit fulfillment. Choose wisely what you invest your heart and life into."

Kelsey Grant

MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



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Ages 0-5

Covers the following
counties:
Logan, Morgan

LAUNCHING ZOOM SECURE TELEHEALTH SERVICES!

Our ECMH team is excited to announce that consultation services are now available using Zoom Secure Telehealth Services. These services are available to client families, schools, childcare centers and community partners with group and individual meetings available. All services will be provided using this private, secure video platform, and can be accessed using most electronic devices. For more information or to set up a consultation appointment, please contact our ECMH team or your local Centennial Mental Health Center office.



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Morgan, Washington
& Yuma

For additional support during
the COVID-19 Pandemic you
can call Centennial's
**COMMUNITY
SUPPORT LINE**

You can do this by calling your
nearest Centennial office:

Akron - 970.345.2254
Burlington - 719.346.8183
Cheyenne Wells - 719.346.8183
Elizabeth - 303.646.4519
Fort Morgan - 970.867.4924
Holyoke - 970.854.2114
Julesburg - 970.474.3769
Limon - 719.775.2313
Sterling - 970.522.4392
Wray - 970.332.3133
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Ages 0-8

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Cheyenne, Elbert, Kit Carson,
Lincoln & Yuma

Contact your local Centennial Mental Health Center for assistance with any Early Childhood need.

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