



SETTING BORDERS TO THE CHILDREN

WITH COMPASSION

AND THE

IMPORTANCE OF

ROUTINES



WHAT IS LIMIT ?

Draw the boundary; It is the parent's setting a 'safe' and 'consistent' limit on the child's life and behavior. Every child wants to be limited.

A child who cannot see the boundaries feels all alone, like a lighthouse in the middle of the sea, and tries to find his way on his own. That's why he needs his parent's guidance. The first step in setting a safe and consistent limit is for the relationship between parent and child to be based on trust and love.

It is important for the child to feel safe and understood in order to adapt to the boundaries.



WHY LIMITS ARE IMPORTANT ?

The child explores the world within the boundaries set by his parents and feels safe. Thanks to boundaries, children learn to think and plan thoroughly, postpone instant gratification and fulfill their responsibilities, understand their emotions and express them in appropriate ways.

For this reason, children who do not set the necessary limits are harmed in many ways in the long run, even if they seem happy when they get what they want. Contrary to popular belief, setting limits is not an act of discipline or resentment, it is about being a facilitator for children with compassion.



QUESTIONS PARENTS CAN ASK THEMSELVES WHEN SETTING LIMITS:



- **Am I setting the limits I want to set for myself or for my child?**
- **Have I talked to my child and asked for his/her opinion about the boundaries I want to set? Are the boundaries I set clear?**
- **Did I answer the questions in my child's mind?**
- **Are the limits I set really necessary for my child? Or does it arise as a result of anxiety/fear or similar feelings about myself?**
- **Do I punish my child when he doesn't follow this limit? Am I stretching the boundaries I set?**
- **Do my spouse and I have the same attitude about the boundaries we set?**

BORDER OF PUTTING BASIS STEPS:

Limits should only be placed on the child's behavior; no attempt should be made to limit the child's emotions, thoughts, or need for self-expression.

Judging, criticizing and rejecting the child while setting boundaries are wrong attitudes.



The child's feelings and needs should be heard when setting boundaries. A child who feels heard and understood calms down more easily and is more inclined to comply with the limits set.



The child should not be threatened when setting limits. Feeling under threat causes the child's stress to increase, causing them to have flight-fight reactions and being unable to remain emotionally balanced. For example; "If you don't collect your toys, I won't take you to the park." We should not use sentences like.



Boundaries should only be set when necessary; unnecessarily restricting the child or constantly talking about boundaries should not become a general habit.
A child who often feels limited and controlled may tend not to take boundaries.



Alternatives to the imposed limit should be presented whenever possible.

This helps the child become emotionally balanced more easily. This ensures that the child's needs are not restricted and that he or she feels understood and seen.

For example; Like, "Walls are not for drawing pictures, you can only draw on your board or let's stick a huge piece of paper on the wall, you can draw there."



Appearing to set boundaries but not taking action will cause your boundaries to lose credibility in the child's eyes over time.

For example: if you have 10 minutes to leave the house, it is important to comply with this if you will leave in 10 minutes instead of telling the child to come on many times, instead of leaving for a very long time while saying all these.

It is important to be consistent so that your child can trust your statements and understand your boundaries.



In moments when boundaries need to be set, keeping the child in the physical range as much as possible, that is, getting down to eye level, approaching with a receptive and inclusive body, and having an understanding and sensitive facial expression, can make the child feel safe and help him calm down and accept the boundaries better.



THE ROLE OF CREATING A ROUTINE IN LIMITS

The biggest help parents can do for themselves when setting limits for their children is to create a routine.

Routine is a constant, meaningful and functional rule that is mutually decided within the family and that protects the well-being of the bad child and the bad parent.

Routines involve the whole family and everyone should have a task within that routine.

The younger you start with routines, the quicker they become accustomed to, accepted and benefited from.



THE ROLE OF CREATING A ROUTINE IN LIMITS

Routine is a part of life and after a while it becomes a daily ritual that will meet the needs, just like eating and drinking water.

Routines reinforce family relationships because they fit and represent the whole family.

Routines followed by the whole family make the child feel safe and reduce anxiety.

Knowing these routines for everyone makes the rules in the house more understandable and ensures consistency within the family.





THE ROLE OF CREATING A ROUTINE IN LIMITS

Routines, just like boundaries, should be consistent and not stretched as much as possible.

In cases where stretching will be required, the child must be informed in advance.

In order for parents to set limits, they must first discover the meaning of setting limits and their own parenting and attachment styles.

Then, it should be checked whether the limit to be set is for the benefit of the child or the benefit of the parent.



THE ROLE OF CREATING A ROUTINE IN LIMITS

When setting limits, parents should be consistent within themselves and among each other and offer the child a safe space.

When all these are supported by routines, the family will become stronger and setting boundaries will become easier.





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