

Boundaries and routines

Boundaries and routines are an important part of family life. They offer a sense of safety and predictability for your child.

- ✓ Don't just say 'No!' Always explain why not.
- ✓ Routines help a child to know what to expect.
- ✓ Be consistent - changing boundaries will confuse a child.
- ✓ Make sure that boundaries and consequences are age appropriate.
- ✓ If you are in control your child will be in control.
- ✓ If you are stressed your child will be more likely to be challenging.



For more information visit www.familysupportni.gov.uk or contact local parenting programmes.