

KooLKIDS Parent Tips

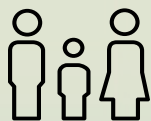
Set Clear Boundaries

Setting some clear rules and boundaries, particularly when there is so much uncertainty around, can help your children feel more secure and settled. Here are some tips on how to set clear boundaries with and for your children...



Consider the needs of each child.

Setting guidelines and boundaries for a 4-year old will be different for a 7-year old, so consider the needs and development of each child individually. Try to set boundaries that allow for each child's need for independence, whilst also providing the structure they need to feel safe.



Discuss the rules and boundaries with your children.

Having this conversation will help them feel ownership and accountability, and will help make sure that they understand the rules. Try to keep to a small number of guidelines, for example 5, so that they can be remembered. Frame them in a positive way, e.g.: "Keep hands and feet to yourself" instead of "No hitting".



Set rewards and consequences for behaviour with your children.

Discuss what would be appropriate and why.



Consistency is key.

It is important to enact the same rewards and consequences each time for the same behaviours.



For further information on the KooLKIDS program please visit: www.kool-kids.com.au