



# South West Herts Partnership

## Tips & Advice:

# Routines & Boundaries

### INTRODUCTION

Children need boundaries and a positive approach to discipline. It makes life more enjoyable for parents and children. If boundaries and rules are clear, it helps children with self-esteem. For example: sport needs clear rules that are fair for all players. The same is true for home and school. If children know the rules and they are openly discussed then they will adhere to them. As adults we also have to follow the rules we make so if the rule is 'no phones at mealtimes', that includes **YOU!**

### TOP TIPS/TOOLS

- ⇒ **Talk** to children when you are alongside them; in the car, making cakes, playing games etc.
- ⇒ If asking them to do anything, use **concise** words i.e. please put your shoes on.
- ⇒ All children use **choices**—e.g. do you want pasta or rice for tea?
- ⇒ **Listen**—if a question comes when you are busy, say you will speak to them in ... mins then when you are free, make sure to really listen.
- ⇒ **Be proactive** in giving your children 1:1 attention directed to their interests and needs. For example, if one likes to go outdoors, take a walk or go to the park. If another child likes to sit and read, make time for this as well. If you struggle with time, 15 mins is enough as long as it is just for that child.
- ⇒ **Involve them** in what you're doing. You could ask them to help organise the recycling for example. Children like responsibility—it increases independence and self esteem.

### IMPORTANT FACTS

**Self Awareness**—understanding our own upbringing and responses.

**Appropriate Expectation**—it is important that we praise for who they are as well as achievement and encourage effort.

**Positive Discipline**—understanding that all behaviour has a reason. If you pay attention to negative behaviour this will increase. Discipline needs to be firm, fair, kind and consistent.

Be clear about what behaviour you expect and be consistent with the consequences. Make them relevant and ones you can stick to.

**Empathy**—a child who is treated with respect and empathy will grow up and treat others in the same way.

**Understand**—and name your children's feelings i.e. I can see you are feeling excited today!

### SIGNPOSTING

- [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)
- [www.familylives.org.uk](http://www.familylives.org.uk)
- [www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)
- <https://spaceherts.org.uk>
- <https://www.add-vance.org/>



<https://www.southwesthertspartnership.org.uk/>

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