



Frameworks

Parent Superpowers: “Setting Healthy Boundaries With Your Kids”

**Cristo Rey, Corpus Christi,
St. Joseph(Virtual) 3/27/25**

Please sign in using the chat with you first and last name and your child/s age and school.



Emotional Check-In

Drop the number of the sheep you identify with emotionally right now



The Sheep-Scale
How do you feel today?

A collection of ten numbered images of sheep, each representing a different emotional state. The images are arranged in a grid-like fashion around a central text area. The numbers 1 through 10 are placed in the bottom-left corner of each image. The images show: 1. A white lamb jumping in the air. 2. A close-up of a sheep's face with its mouth open. 3. A sheep with a yellow bucket on its head. 4. A line of sheep walking in a field. 5. A sheep standing next to a tree. 6. A sheep with its tongue out. 7. A sheep lying on its back on the grass. 8. A sheep lying down with its head on the ground. 9. A sheep with a red flower in its ear and a white flower lei. 10. A close-up of a sheep's face.

Breathing



Open Share

How comfortable are you setting boundaries with your child/children at home? Share your number in the chat.

1. Very comfortable, I have clear boundaries for my children at home
2. Somewhat comfortable, I have some boundaries, but not consistent
3. Not very comfortable, I struggle to set boundaries for my children at home



Workshop Goals

- Define social and emotional competencies and emotional intelligence (EQ)
- Explore the importance of having and setting healthy boundaries at home
- Gain tools and strategies to help you set and establish healthy boundaries at home

Goal 1:

Define social and emotional competencies and emotional intelligence (EQ).

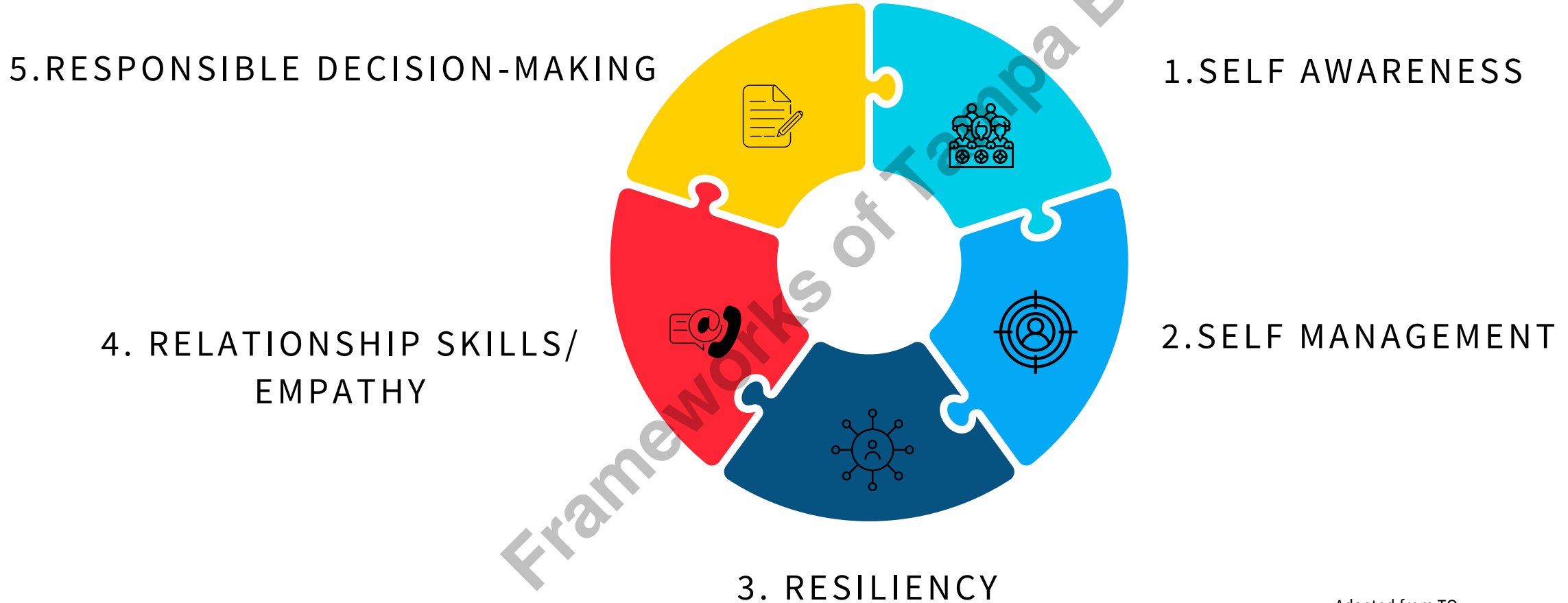
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Definition of Emotional Intelligence

Emotional Intelligence (EQ) is the ability to **identify and manage** our feelings and emotions, to **understand and be aware of** them in others, and use this information to **guide our thinking and actions.**



EMOTIONAL INTELLIGENCE COMPETENCIES



Adapted from TQ
Smart

Importance Of Emotional Intelligence For Your Kids

- **Enhances Social Skills:** Emotional intelligence helps kids understand and manage their emotions, fostering positive relationships with peers and adults, and improving teamwork and communication skills from a young age.
- **Improves Academic Performance:** Kids with high emotional intelligence are better at managing stress, staying focused, and solving problems, which can lead to better academic outcomes and resilience in the face of challenges.
- **Promotes Mental Health and Well-Being:** Emotional intelligence supports self-awareness and empathy, enabling kids to recognize and cope with their feelings, leading to healthier emotional development and a stronger sense of self.



Goal 2:

Explore the importance of having and setting healthy boundaries at home

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What do you think? What Is a Boundary?

Share in the chat what you think an example of a boundary you have for your kids at home.

We will then talk about what boundaries are and how to set them and the importance of having boundaries.



What Is a Boundary? Helping Our Kids!

Setting healthy boundaries results in children

- Developing confidence for interacting with those around them
- Building healthy emotional Intelligence coping skills
- Feeling safe
- Increasing self-esteem
- Exercising their decision-making abilities.



Children's Home Society Of California

Setting Boundaries and Good Mental Health

Setting boundaries is vital to staying mentally healthy. It helps children **understand acceptable behavior and develop a sense of self-discipline**. Children learn to navigate expectations and social norms when boundaries are clearly communicated, enhancing communication and cooperation.



Children's Home Society Of California

Setting Boundaries Video



Keeping Boundaries Video





Key Points When Setting Boundaries



Key points to remember when setting boundaries with children:

Open Communication

- Engage in regular conversations with your child to understand their perspective and explain your expectations clearly.

Clear Expectations

- Define boundaries with specific rules and consequences for not following them.

Consistent Enforcement

- Ensure consequences are applied consistently and fairly to maintain credibility.

Involve Your Child

- Allow your child to participate in the boundary-setting process, helping them feel more invested and responsible.

Technology Management

- Utilize parental controls to monitor screen time and manage online access.

Psychology Today

Wisdom From Mr. Rogers

 Calmerry

“Call them rules or call them limits, good ones, I believe, have this in common: they serve reasonable purposes; they are practical and within a child’s capability; they are consistent; and they are an expression of loving concern.”

- Fred Rogers



Let's Talk/Breakout Rooms

We will now utilize breakout rooms to allow you to talk with parents with children of similar ages about setting boundaries based on what you have just heard so far in the presentation



Quick Share/Post Breakout Rooms

Let's share some highlights and items discussed in the breakout rooms



Goal 3:

Gain tools and strategies to help you set and establish healthy boundaries at home

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Another Reason For Boundaries

“Boundaries define us. They define what is me and what is not me. A boundary shows me where I end and someone else begins, leading me to a sense of ownership. Boundaries help us keep the good in and the bad out. Setting boundaries inevitably involves taking responsibility for your choices.” -Henry Cloud, [Boundaries](#).

Strategy: Boundaries With Technology = Smart

- Carefully weigh the pros and cons before letting your child use a smartphone. No middle schooler needs unlimited data!
- Utilize strong parental controls on all internet-enabled devices.
- Don't allow phones or screens at the dinner table.
- Charge all phones and tablets in your room at night, not in your child's room.
- Allow technology use only with the expectation that parents have the right to read/investigate/inspect all devices at any time.

Virginia Academy



Strategy: Setting Expectations at Home

- Have clear expectations for expected chores/tasks to be completed to help in the home
- Set aside homework time and space for them to do their homework
- Set a sleep schedule reinforcing the importance of proper rest for their age
- Reinforce the importance of eating healthy and making good food choices to keep them feeling good
- Discuss and have them maintain proper hygiene habits as their bodies are changing



AMERICAN ACADEMY OF PEDIATRICS

Strategy: Handling Pushback

- Set healthy and reasonable boundaries that are explained with love
- Let them know you are still in control and are looking out for their best interests
- Be sure to hold firm even when your kids disagree to maintain a peaceful safe, and liberating environment
- When our kids know where the line is, it allows kids to experience things more freely
- Discuss consequences with them so there is understanding for what to expect



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Suggested Resources

Parenting Resources

[Parenting and Boundary Setting: Pediatric Mental Health Minute Series](#)

[The Importance of Creating Boundaries to Help Keep Kids Safe | Psychology Today](#)

[Positive Parenting Tips: Middle Childhood \(9–11 years old\) | Child Development | CDC](#)

[Screenagers Resources | Tessa's Contract](#)

[CPTC-tip-sheet-teen-brain](#)

Thank You!

Feedback Survey:
Complete using the QR
Code for the Survey
Monkey link!



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Goal Setting

*Write down one thing
about setting boundaries
you want to use in your
home right now*



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Q&A

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Thank You!

Brian Schank

Senior EQ Specialist

bschank@myframeworks.org

myframeworks.org





Frameworks

402 East Oak Avenue | Tampa, FL 33602 | (813) 514-9555 | info@myframeworks.org
myframeworks.org

 @Frameworks_TB

 @frameworksoftampabay

 @FrameworksofTampaBay

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