

10 Tips for Healthy Boundaries



Every child has the right to safe **boundaries** – the rules and limits we set for our bodies and feelings. It’s our job as adults to acknowledge, respect and protect those boundaries.

Here are 10 Ways to Build Safe and Healthy Boundaries.

1. Let children decide what kinds of physical affection (hugs, cuddles) they want.
2. Model boundaries, beginning with very young children. *“Ouch, please don’t bite me, that hurts!”*
3. Offer children simple choices for care. *“Should we wash your toes first, or your belly?”*
4. Don’t take it personally when your child’s wishes are different from yours.
5. Let children decide when to end physical play like wrestling or tickling. One *“Stop!”* is enough.
6. Be sure children know what to expect in situations where they have less control over touch (such as a doctor or dentist visit).
7. Use the correct names for all body parts.
8. Set aside a few moments every day to talk to your child without distraction.
9. Be mindful of your child’s privacy when posting on social media.
10. Be clear and direct if someone violates a boundary, even if it’s a close friend or family member.

For more prevention resources, visit pcaiowa.org or call **515-244-2200**.



REMEMBER: Children are never responsible for stopping or preventing abuse. It’s the adult’s responsibility to protect children.