

# Communication and Boundaries:

The Best Ways to Help Your Child



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# Five Do's

**Helping You and Your Child  
Communicate Effectively**

**WHILE**

**Setting and Maintaining Healthy  
Boundaries**



# Do #1 – Consider Where Your Child IS



- Consider developmental level of your child and what they need
- Remember, your child IS a child
- Brain is not fully developed until mid-20s



# Do #2 – Be a Role Model

- Do as “I do!” – If you expect your child to behave a certain way, show them the way
- You are being watched and heard





# Do #3 – Ask for Help

- Seek support from others
  - Family
  - Friends
  - Other parents/caregivers
  - School
- Take care of yourself
  - Self care is **not** selfish



# Do #4 – Think About HOW You Speak

- Think like a team – “WE” not “YOU”
- Use “When...then” and “I” statements
- Choices ➡ Consequences





# Do #5—



## PICK YOUR SPOT

- Spend your time and energy on what you value most
- Know what the most important things are
- Be consistent



# Five Don't Do's

Helping You and Your Child  
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# Don't #1 – Don't Be Your Child's Friend

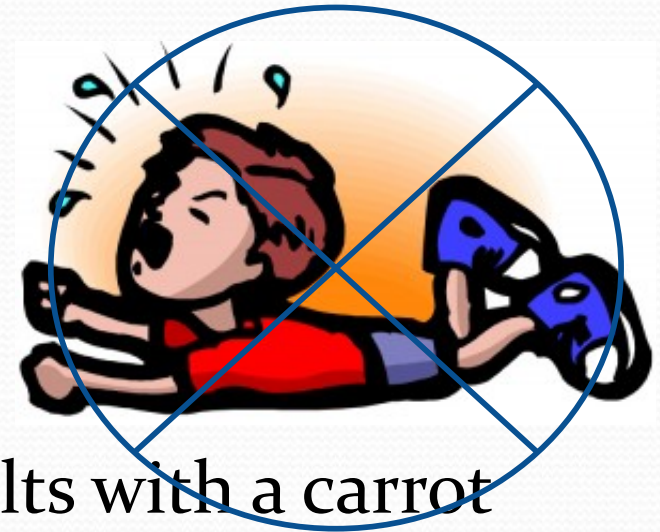


- Remember you are the parent
- You can be friendly, but you are not friends
- Role clarity – you are the parent, they are the child



# Don't #2 – Don't Act Like a Child

- When your child acts out – keep your cool and don't have a tantrum
- Yelling is not the answer
- You may be able to get better results with a carrot (reward) than an stick (punishment)





# Don't #3 – Don't Give In

- Don't give in to your child because:
  - It is easier
  - You are tired
  - You don't have time to stand firm
  - Another person is telling you to
  - You feel guilty
  - ??



# Don't #4 – Don't Worry About What Others Think or Do

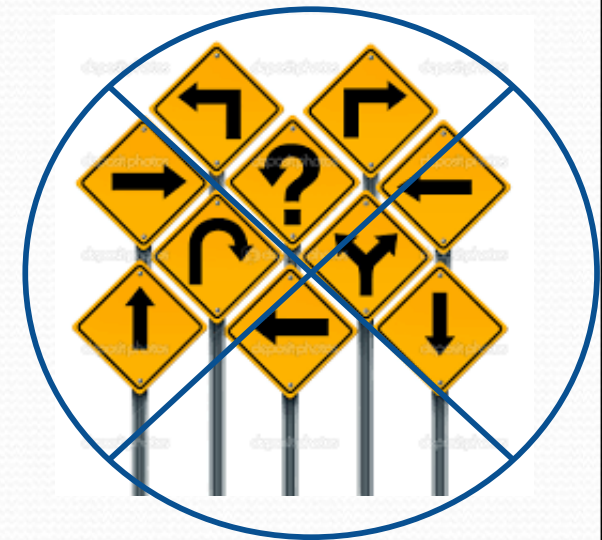
- Your child is your responsibility
- Don't concern yourself with what everyone else is doing
- Don't hesitate to check in with other parents





# Don't #5 – Don't Confuse Your Child

- All adults need to be on the same page
- Civil communication is key
- Different rules on the “big things” in different places causes confusion



# Other Useful Tips:

- Family meetings
- Celebrate success
- What works for you?





# Additional Resources:

- Spenj.org
- Parenting Facebook group
- COPE Center

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**THANK  
YOU**

