

Communication and Boundaries:

The Best Ways to Help Your Child



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This workshop is based on concepts from Channing-Bete's "Guiding Good Choices", an evidence-based program



5 “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



5 “Don’t Do’s”

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Don't #1 – Don't Be Your Child's Friend

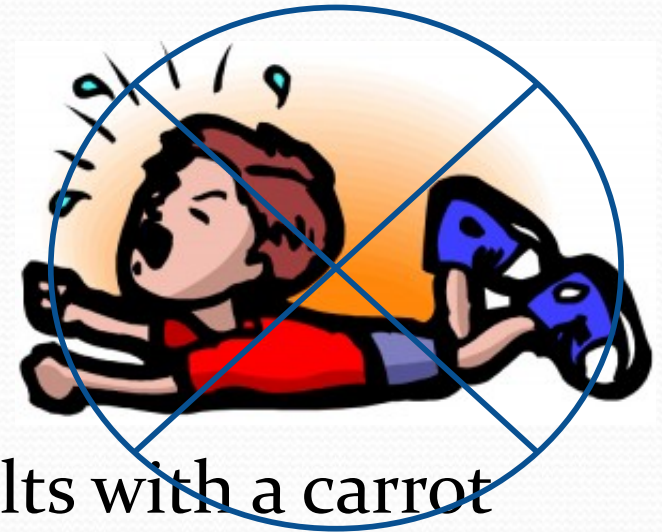


- Remember you are the parent
- You can be friendly, but you are not friends
- Role clarity – you are the parent, they are the child



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
 - ??



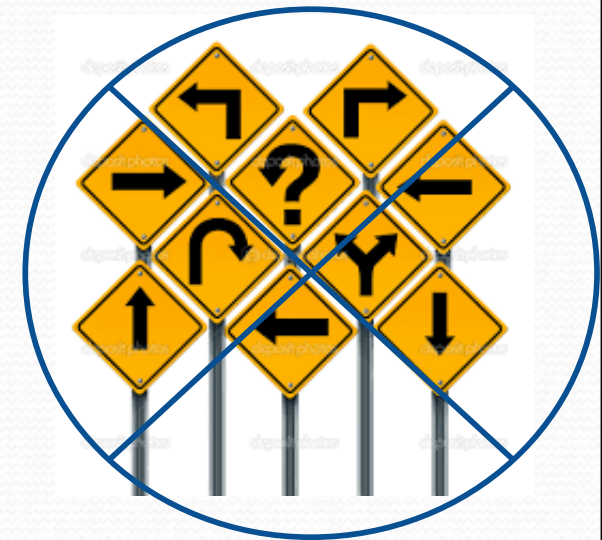
Don't #4 – Don't Worry About What Others Think or Do

- 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

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**THANK
YOU**

