

Newsletter March - April 2014

Relationship Boundaries With Children

Most adults will be familiar with the concept of boundaries. Boundaries are the limits you set for relationships. Your boundaries help you to define what is acceptable or unacceptable in your relationships. They also help you to distinguish what are and are not your responsibilities.

There are different types of boundaries: Physical, spiritual, emotional and sexual boundaries. Your boundaries will differ according to your relationships. Boundaries within marriage, with family, friends, work colleagues, classmates, strangers, and acquaintances will all vary.

Your boundaries reveal your values.

Development of healthy relationships by your children will require them to understand the value of creating a personal "safe space." The more wide open the boundaries the more the child is exposed to harm. It is your boundaries that provide you a "personal and safe space". Your boundaries will be tested by people and circumstance.

Boundaries that you do not defend are no boundaries. If you do not set appropriate boundaries for yourself, others will set it for you.

Your boundaries will be used to calibrate the respect others accord to you.

A life with clear boundaries is like a river flowing along solid banks! A life without clear boundaries is like a swamp. Your boundaries protect you from abusing others, and from being

abused.

The personal "safe space" will be cultivated based on internalised Godly values. I treasure your word above all else; it keeps me from sinning against you (Psalm 119:11 CEV).

Your child's personal "boundaries" with God will define all their boundaries with people.

Boundaries with God are characterised by love and surrender. "For the love of Christ constraineth us; because we thus judge, that if one died for all, then were all dead: And that he died for all, that they which live should not henceforth live unto themselves, but unto him which died for them, and rose again" (2 Corinthians 5:14-15)

5 Basic signs that your child's boundaries are too open: He or she:

- Shares personal information with casual friends or strangers (Including online).
- Wears tight or revealing clothing.
- Stands too close to others.
- Makes sexual comments about other people's body parts, and, or acquiesce to such comments made about them by others.
- Has a tendency to believe everything people say.

11 General rules to help your child establish and maintain healthy boundaries in all of his or her relationships:

1. Private thoughts and feelings should be shared only with close friends and family members
2. Casual friends should talk about non-personal topics such as sports, school and movies.
3. Establish friendships slowly, sharing private thoughts and feelings gradually and making sure trust is mutual and deserved.
4. Identify trustworthy peers that will challenge you towards Godly living and make friends with them.
5. Learn to avoid people who look out only for their own interests.
6. Spend time with people you enjoy and who ask for nothing from you in return.
7. Learn to say "No" to peer pressure.
8. Trust your feelings of comfort or discomfort. These are good indicators of right and wrong
9. Learn how to think through and solve problems before reacting.
10. Think about times when your personal boundaries were violated. Who was involved? What was the situation? Think of ways to handle the problem if it occurs again.
11. Speak up when someone or something bothers you. Talk to adults you can trust.

Beloved, it is time for your church or group to host our ParentingPoint Seminars designed to build strong families and raise godly children. Call +44 208 466 8686 or send e-mail to info@parentingpoint.org to book a ParentingPoint Seminar or ParentingPoint Course.

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