



RAINBOW MINDS
wellbeing

LOVING LIMITS WORKBOOK



HOME PLAY PRACTICES

WITH YOUR CHILDREN

Release the power struggles, & try out some of these 'loving limits' scripts below:

THIS OR THAT:

"You can have a muesli bar or an apple right now."

FIRST & THEN:

"First we're going to dinner, and then we can play lego"

The REDIRECT:

"That's not okay, let's go and kick the ball over here where it's safer."

The TRY AGAIN:

"I can see you're finding it hard to listen/play gently here, let's move away for now and try again later."



HOME PLAY PRACTICES

WITH YOUR CHILDREN

Remember the Foundations to setting Loving Limits are:

CLARITY

Clear, simple words & calm low tone. Close proximity & body language.

CONSISTENCY

Follow through with your words – if you say it's not okay for them to do something, and proceed to let them do it, it causes mixed signals!

COHERENT (with your values)

Why is your boundary a boundary? What's important to you?
Where can you be flexible & where do you need to be consistent with what you value?



HOME PLAY PRACTICES

FOR YOU, AS THE GUIDER

This week I invite you to be really aware of the flip-flopping that can happen in your boundary setting, and perhaps which side of the spectrum you tend to lean towards when you're tired/stressed/overwhelmed.

What is your relationship with boundaries in general? Do you find yourself to be quite rigid, over-flexible, or somewhere in the middle?