

WHEN PARENTS MODEL ANXIETY & STRESS (CONSISTENTLY OR INTENSELY)

IMPACT ON CHILDREN

- Increased worry, fear, and insecurity
- Heightened sensitivity to perceived threats
- More meltdowns, emotional reactivity, or withdrawal
- Struggles with focus, sleep, and self-regulation



IMPACT ON SIBLINGS

- More arguments, rivalry, and jealousy
- Less empathy and more blame or criticism
- Compete for attention and security
- Weaker bond and trust



IMPACT ON FAMILY DYNAMICS

- Home feels tense, unpredictable, or "on edge"
- More conflict and emotional exhaustion
- Harder to solve problems or connect
- Stress becomes the "normal" in the family



PARENTS SET THE TONE. *Children Feel It.* ♥

How we manage (or model) anxiety and stress shapes our children, their relationships, and our entire family.



Our children learn more from how we handle life than from what we say.



You regulate, they learn.



Small shifts in how we manage stress can create generational change.

CHILDREN DON'T NEED PERFECT PARENTS.

They need present, aware, and regulated parents. ♥



PRACTICAL WAYS TO MODEL HEALTHY STRESS MANAGEMENT



Practice deep breathing



Move your body



Talk about feelings



Keep routines & expectations



Take breaks & ask for support



Prioritize sleep & self-care



*Your calm is their calm. Your regulation is their security.
Your example is their future.* ♥

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WHEN PARENTS MODEL HEALTHY MANAGEMENT OF STRESS & ANXIETY

POSITIVE IMPACT ON CHILDREN



- Feel safer, more secure, and emotionally supported
- Learn that emotions are manageable
- Better able to focus, problem-solve, and bounce back
- Stronger self-esteem and confidence over time



POSITIVE IMPACT ON SIBLINGS



- More cooperation, compassion, and patience
- Healthier communication and conflict resolution
- Feel like a team, not competition
- Stronger, lasting bonds



POSITIVE IMPACT ON FAMILY DYNAMICS

- Home feels calm, safe, and connected
- Easier to navigate challenges together
- Open communication and mutual respect
- Peace becomes the "normal" in the family

BOUNDARIES ARE LOVE IN ACTION

Healthy boundaries protect both you AND your children.

- ♥ They create safety, trust, and respect in the family.
- ♥ They prevent resentment and emotional burnout.
- ♥ They teach children self-respect, respect for others, and how to have healthy relationships.
- ♥ They help everyone feel seen, heard, and valued.

"When we set loving boundaries, we don't push people away—we invite healthier relationships." ♥



BOUNDARIES ARE LOVE IN ACTION

*Healthy boundaries
protect both you AND
your children.*

They create a safe, loving
environment where
everyone can thrive. ♥

Boundaries
aren't about
building walls—
they're about
building a safe
space for love
to grow.

BOUNDARIES AREN'T ABOUT CONTROL—
THEY'RE ABOUT CONNECTION.

*They create safety, build trust,
and nurture hearts that can love well.*

BOUNDARY PRINCIPLES FOR PARENTING

BE CLEAR
AND KIND



Gentle, consistent
boundaries help
children feel
secure.

*Clarity is
caring.*

BE
CONSISTENT



Kids thrive on
predictability.
Follow through
with love.

*Consistency
builds trust.*

RESPECT
THEIR HEART



Set limits without
shame. Validate
feelings, but
don't give in to
every demand.

*Empathy
without rescuing.*

TEACH BY
EXAMPLE



Model the
boundaries
you want your
children to learn.

*They watch
how you handle
life.*

ADAPT WITH
WISDOM



Boundaries may
look different at
different ages
and stages.

*Stay flexible,
stay connected.*

BOUNDARIES PROTECT BOTH YOU AND YOUR CHILDREN



➔ **For You:** Boundaries protect your
time, energy, and emotional
well-being so you can show up
as your best self.

➔ **For Your Children:** Boundaries
protect them from chaos, confusion,
and unrealistic expectations.

➔ **For Your Relationships:** Boundaries
create space for respect, trust,
and deeper connection.

➔ **For Others:** Your boundaries help
others understand how to treat
you with love and respect.

*When we set loving boundaries, we don't push people away,
we invite healthier relationships.* ♥

HEALTHY BOUNDARIES IN EVERYDAY PARENTING



TIME: It's okay to say, "Not right now."
Protect family time and rest.



TECHNOLOGY: Set limits for screen time
that support your child's well-being.



RESPONSIBILITIES: Your child can help
without taking on adult burdens.



FEELINGS: "It's okay to feel that way."
"It's not okay to speak or act unkindly."



DISCIPLINE: Set loving, firm limits.
Boundaries are not punishment—
they are protection.

Remind Yourself

- ♥ I am allowed to set limits.
- ♥ I don't have to earn rest.
- ♥ My needs matter.
- ♥ I can love my children
AND have boundaries.
- ♥ I can't pour from an
empty cup.

SIGNS BOUNDARIES MAY NEED ATTENTION

- ⚠ You feel resentful,
exhausted, or
overwhelmed.
- ⚠ You say yes when you
want to say no.
- ⚠ Your child struggles with
respect, limits, or empathy.
- ⚠ There's constant conflict
or power struggles.
- ⚠ You feel guilty for setting
boundaries.

A PRAYER FOR PARENTING WITH BOUNDARIES

Lord,
Give me wisdom to set boundaries with love.
Help me protect my heart and my family's well-being.
Give my children security, respect, and freedom
to become who You created them to be.
Help me love well by loving wisely.
Amen.

