

Material Boundaries

Mindfulness

Guide your kids in setting material boundaries:

- "I see this teddy bear is special to you.
"Do you want to share it?"
- With whom (friends, siblings)?
- Where (public area vs your house)?
- For how long do you want to share? (Use a timer)
- How do you want it back? (considering that crayons might get back broken)

Encourage your child to say:

- "Let's swap toys! Can I have your train?"
- "You can have my bicycle until I'm done swinging."
- "Let's take turns riding the scooters." (Specify a time and use a timer, or wait until finishing singing a song).
- Can we play together with the ball?

Material Boundaries Mindfulness

Lead by example in setting material boundaries with a calm voice:

- "You can pick one item at the store. We choose to spend more money on [your family priority]."
- "I can't share my smartphone. It's a tool for work, not a toy to play."
- "Let's sort unused items (toys, cloth) and donate them."
- "We baked cookies instead of buying a gift. Sharing homemade treats is more enjoyable!"

Questions?

Let's talk