Boundaries & Safety

Based on YOUR family values







	SAFETY Must do	PRIORITY Teach when calm	LET GO (for now)
What fits here?	• wear seatbelt • street safety • no harm to self or others • ..... • ..... • ..... •	• bedtime routine • homework • screentime limits • speaking with respect • ..... • ..... •	• what to wear • food choices • state of bedroom • ..... • ..... • ..... • .....
How to support success NOW	• acknowledge & meet emotion • firm, loving support • ..... • ..... • ..... •	• consider **<u>what</u>** you can be flexible with • visual supports • provide options • clear expectations BEFORE activity • ..... • ..... • ..... •	• offer choices • support success • consider why it's difficult • ..... • ..... • ..... • .....
How to teach to GROW skills & independence	• be consistent & follow through • explain why it is important (when calm) • explore ways to do it differently (when calm) • prep & support for success (visual &/or verbal plan) • positive consequences • listen & respect child's needs • support regulation		• proactive • support • connect • support • expand flexibility • consider capacity • consider why it's difficult

EXPLORE. DISCOVER. GROW.

© Blooming Abilities. All Rights Reserved.