



Be the Best that You can Be

Cedarwood School

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Setting Boundaries

When parents set boundaries, they become very much a part of being the stable, secure and guiding influence on their children.



Setting boundaries with children can be challenging as they may beg, bargain, cry, accuse or demand in ways that begin to wear on parents. Some may give in just to avoid the battle while others may feel guilty for disappointing their children.

Ways to set boundaries

1. Be calm

Never set boundaries while in the midst of your emotions, calm down first because you may do or say something you may regret.

2. Have realistic expectations

Many children do not realize that their actions are a problem, consequently it becomes important to gain an understanding of their thinking first before correcting them.

3. Know that emotions rule

Many adults have a hard time containing their own emotions, so why do we have such high expectations for our children? They will melt down, sometimes even lash out because their emotional brain rules more than their little voice of reason. Learn what sets your child off and prepare them ahead for what you expect of them.

4. Set boundaries together where possible

Not even adults like being forced to comply to someone else's seemingly arbitrary rules. Let children come up with some of their own solutions where possible; teaching them good problem solving skills.

5. Review the boundaries, especially when they don't comply with them

When boundaries are not respected, look for reasons why. All behaviour is a result of an underlying need.



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6. Explain the consequences

We need to take time out to explain to our children the impact of their behaviour through calm discussions and sharing emotions. This helps them move naturally towards making amends or responding appropriately.

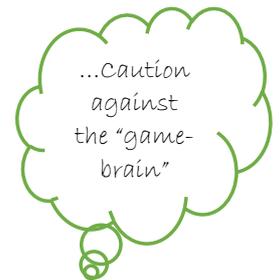
7. Saying no is not always a bad thing

Saying no is an important responsibility for parents, our “no’s” teach our children important lessons about life and cautions against the need for instant gratification.

Our children are growing up in a world where **technology rules** and almost everything is available at a touch of a button, allowing your child to have a personal electronic or gaming device means you have to set firm boundaries.

The Gaming Influence *The amount of time spent on gaming and content of games can be detrimental to our children’s development*

1. Exposure to inappropriate material can affect our children mentally and emotionally
2. Increase aggressive thoughts and behaviour
3. Decrease empathy and the ability to process emotions
4. Hinder the ability to process emotional facial expressions and control their responses
5. Decreased sleep and poor quality sleep
6. Contribute to poor social skills
7. Hamper school performance



While some games may be non-violent, there are still some negative effects to video games as they may still be exposed to inappropriate material such as foul language and obscene gestures, criminal behavior and the abuse of drugs and alcohol.

Children may become unable to process real-life situations as they may use the phantasy game world as an escape and lack the skills for social engagement.

Setting boundaries for video games helps us as parents, look at what they are learning from playing. Creating these boundaries helps us limit the negative health, academic and social-life effects games can inherently have on our children.



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