

## Chaplain's Spot

### 'Help your children gain control of their lives'

Dr. Henry Cloud and Dr. John Townsend wrote a book called 'Boundaries with Kids' –



"In order for children to learn who they are, and what they are responsible for, their parents have to have clear boundaries with them, and relate to them in ways that help them learn their own boundaries."

Here are "10 Boundary Principles Kids need to know":

- 1] What will happen if I do this? – considering consequences
- 2] Pulling my own wagon – taking responsibility for actions
- 3] I can't do it all, but I'm not helpless either – 'I have power to .... '
- 4] I'm not the only one who matters – respecting others
- 5] Life beyond 'Because I'm the parent' – self-motivation
- 6] Pain can be a gift – achieving growth through pain
- 7] Tantrums needn't be forever – proactive boundaries
- 8] I am happier when I am thankful – content with what you have
- 9] Jump-starting my engine – activating activity
- 10] Honesty is the best policy – modelling is key.

If you would like to borrow this book, please let me know, through my email as below, or contact me at school.

**Quote of the week:** "Kids who never have any accountability for their actions will continue through life thinking nothing is ever their fault, and everything is owed to them"

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