

## Boundaries with Kids: Setting Limits to Teach Responsibility.

With Child & Family Psychologist Sr. Monique Toohey

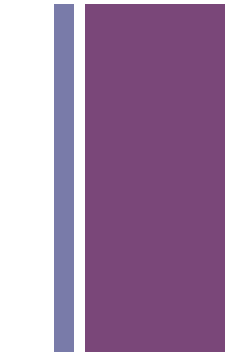
*“A Woman knows what  
man has long forgotten,  
that the ultimate*

+

*economic and spiritual  
unit of any civilization is  
the family”*

# + Workshop Overview

- Boundaries with kids
- Adults without Boundaries
- Case Examples & Communication tips
- Upcoming Workshops & Programs
- List of Resources (Great Books)
- Contact Us.



Let there become of you a nation  
that shall call for righteousness  
enjoin justice and forbid evil.  
Such men will surely triumph.

(The Qur'an, 3:104)



A man walking along a road  
found a thorny branch lying  
across the road and stopped  
and pushed it away. Allah  
appreciated this action and  
forgave his sins. (Bukhari & Muslim)

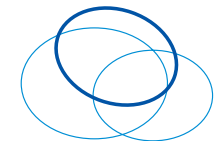


## Assumption 1: Parents Want the Best for their Children.

Muslim parents want  
their children to be  
good Muslims.

Tip 1:  
Parent the child today  
for the adult you want  
them to be in the future.

- A person's character largely determines how he/she will function in life.
- If a person's character makeup determines his/her future, then **parenting** is primarily about helping children to develop Muslim character that will take him/her through life piously, safely, productively and happily.
- When we possess inner strength and good character, we succeed in spite of tough circumstances.
- Most of our problems result from character weakness.



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Each one of you is a Guardian and responsible for those of whom he is in charge. The ruler is a guardian and thus responsible for his subjects. A man is the Guardian of his family and is responsible for those under his care. In like manner, each one of you is a Guardian and is responsible for what he is entrusted with.

(Hadith related by Umar R.A)




Kids without Boundaries grow  
up to be adults without  
Boundaries!

# + Adults **without** Boundaries

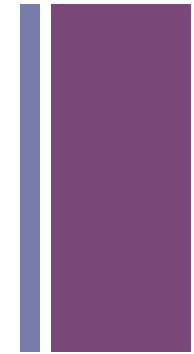
- Inability to say no to hurtful people or set limits on hurtful behaviour from others
- Inability to say no to their own impulses
- Inability to hear no from others and respect their limits
- Inability to delay gratification and accomplish goals
- Tendency to be attracted to irresponsible people
- Taking responsibility for other people's lives
- Ability to be easily manipulated or controlled
- Struggles with intimacy and maintaining closeness with others
- Inability to be honest with those they are close to
- Inability to confront others and resolve conflict productively
- Experiencing life as a victim instead of living it purposefully with a feeling of self control
- Addictions or compulsions
- Disorganised and not reliable.





+ *“Men are what their mothers  
made them”*

# + Kids with Boundaries



A child with established Boundaries:

- Are responsible for their own actions.

“Every soul is responsible for its own actions”  
(The Qur’an 74:38)

- Understand that they have the ability to choose (free will), and that if they choose well, things go well, and if they choose poorly, they will suffer.

“Whoever chooses to follow the right path, follows it for his own good, and whoever goes astray, goes astray to his own detriment” (The Qur’an 17:15)

- Make the right decisions even in your absence.



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“To love is to say  
no when needed.”

- Setting Boundaries with kids is essentially saying No to your kids so they learn when to say No to themselves.
- Boundaries help children to say yes and no to help them get control over their lives
- Boundaries if applied correctly are like a supportive fence around a child that are wide enough to allow room for growth, but keeps them safe and enables responsible decision making.



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# + Case Examples

- Adam repeatedly misses the bus to school because he sleeps in. He chooses not to get up from his bed on time. When this happens, Adam's mum usually drives him to school, even though this makes her late for other appointments.
- What is Adam's mum teaching him?
- Sumeyya leaves her homework to the last minute, the night before it is due. Her father who is an academic wants to see her achieve high grades so he decides to help her and give her the answers to her assignment so she gets an A+.
- What is Sumeyya's dad teaching her?



## Age appropriate Boundaries

Anything a child is old enough to do, they should be doing by themselves.

Move from a position of control to one of influence with your child.

- *Birth-12mths:* Time of bonding, establishing basic trust, minimal boundaries
- *1-3yrs:* Child can respond to word No. They may not understand your logic, but will feel discomfort at your no, and know that by obeying your no brings them good things
- *3-5yrs:* Able to understand the reasons for taking responsibility. Consequences such as time-outs and loss of toys (temporarily), or fun activities effective
- *6-11yrs:* Boundary issues resolve around balancing time with family/friends. Consequences can involve restrictions on friendships, freedoms and home privileges
- *12-18yrs:* This is the period which you should begin 'de-parenting' Freedom comes from handling responsibility well because you have allowed the opportunity for your child to develop being responsible.





## Maintaining the Boundaries

*“A mother understands what a child does not say”*

- Parents are commonly unable to say no or to follow through with a consequence for their child’s misbehaviour because they overidentify with their child’s feelings. E.g. If I send them to their room they might cry, feel lonely.
- Instead parents need to empathize rather than sympathize with their child’s pain, fear and loneliness.

Situation: Child Sleeps In, running late for school.

*“You chose to sleep in and miss out on breakfast. I understand you will now feel hungry. Perhaps tomorrow you can get out of bed in time to have breakfast”*



# + Steps to implementing Boundaries

1. Live what you want your children to learn
2. Make boundaries/rules clearly defined and age appropriate
3. Make the consequence of breaking those rules clearly known
4. Be consistent in following up on the consequences
5. Teach them to say no, by saying no yourself and sticking to it
6. Explain your own decision making,  
Example: I'm choosing not to let you go to the movies because you did not help your sister with your homework as you'd promised.  
Example: It's important to drive slowly when its wet because the tires slip on the oil, and might slide if I have to break quickly.





## What's On?

### **BetterParenting Program:**

A 4-6 session program to enhance parenting of TEENS.

(Offered in English / Arabic & Turkish)

Bulk Billing may apply with a GP referral.

### **Women's Wellbeing Program:**

A 6-session program addressing symptoms of Depression.

(Offered in English & Turkish)

Bulk Billing may apply with a GP referral.

ICV presents: **DIY Aspire 2 Inspire** Arts & Performance Training Program for Young People (National Youth Week Event) 24<sup>th</sup> & 25<sup>th</sup> April Melb Uni  
\$20



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## Resources: Great Books

Boundaries with Kids:

Dr. H. Cloud & Dr. J. Townsend (1998)

What children learn from their parents' marriage:

Judith Siegel (2000)

The Seven Principles for Making Marriage Work:

John M Gottman, PhD. (1999)

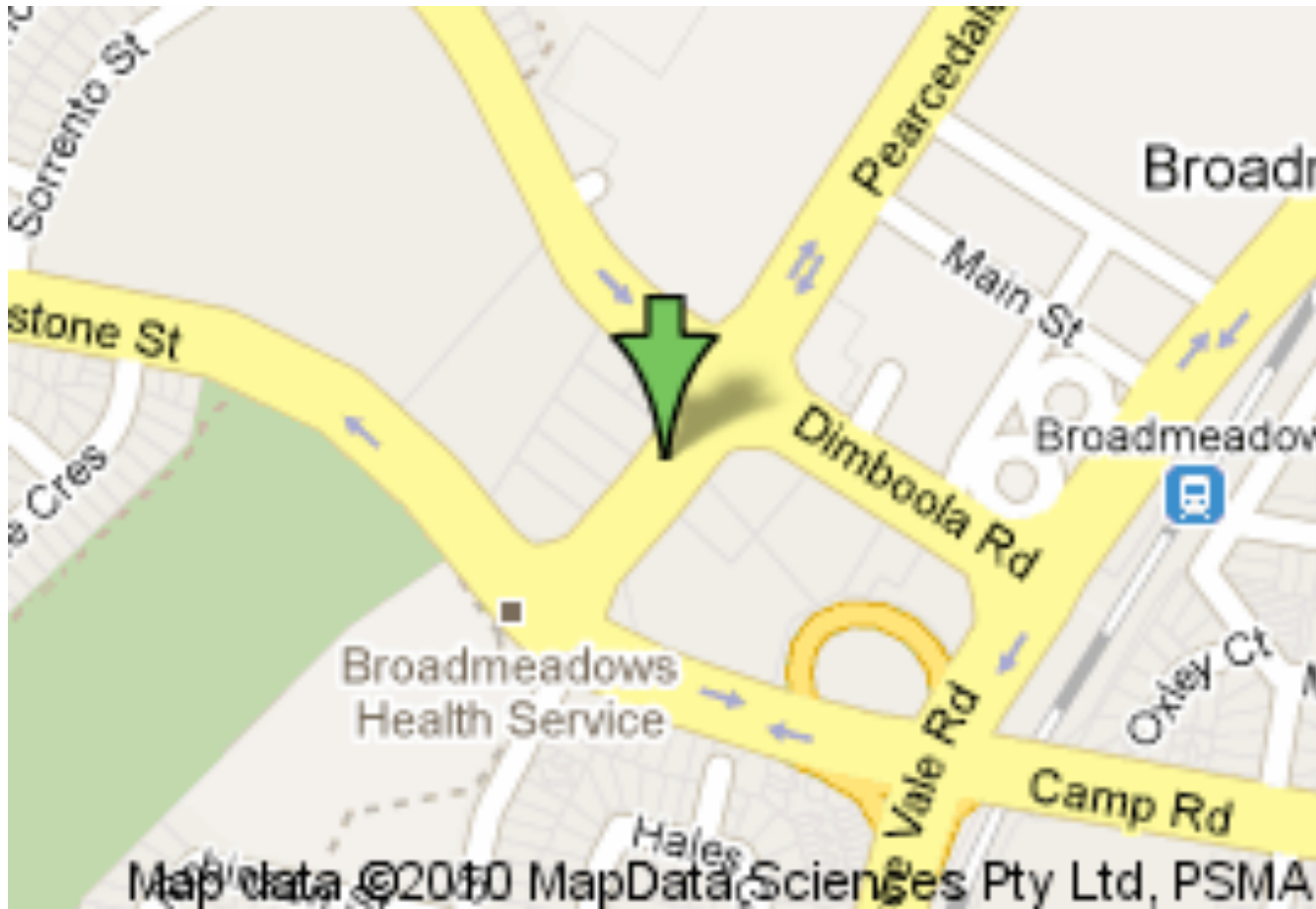
Shaping Excellent Character: A Manual for Parents  
(IBC)

Parenting Skills: Based on the Qur'an & Sunnah with  
practical examples for various ages. Dr. Ekram &  
Dr. Mohamed Rida Beshir (2004)



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## Contact Us

4 Counselling Appointments, Workshops & Training

Ph: 9351-1166

Email: [info@nasihahconsulting.com](mailto:info@nasihahconsulting.com)



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