

Therapy & Wellbeing Newsletter

Bromley Beacon Academy
& Bromley Trust Academy

Spring Term 2019

Edition 4 Volume 2

Dear Parents & Carers,

In this issue of the therapy newsletter we have focused on boundaries.

We understand that the current situation with COVID-19 has transformed our everyday lives.

Many children may be affected by the changes in their routine and habits. Within this time of constant change, structure and consistency can help.

Sometimes it can be difficult to strike the right balance when setting boundaries.

Maintaining healthy boundaries promotes well-being and helps both you and your children.

Through boundaries children can become more responsible, autonomous and independent.

Warmest Wishes,

The Therapy Team

'Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others. – Brené Brown

For more information, resources or support, contact your school therapy team:

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PARENT & CARER SUPPORT



As long as the school is closed, the Therapy Team may be getting in touch with you.

In addition, we will be sending resources about emotional well-being via email.

Thank you in advance for your response!

The Therapy Team

**Stay tuned
Stay connected**



**BROMLEY BEACON ACADEMY
BROMLEY TRUST ACADEMY**

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**LONDON
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TRUST**

Understanding Boundaries

Boundaries are limits set on what one will accept of another person's words or actions.

Boundaries provide children with the opportunity to understand material, physical, mental and emotional limits. They are about setting the 'bottom line' and they are indications of what is commonly acceptable and what is not.

They are a way for the child to understand both written and implied rules. Boundaries can help children keep safe, develop self-respect and understand society and social interactions. Boundaries do not aim to restrain children, but help them learn and mature.



Some thoughts on boundaries:

- Often boundaries are associated to 'saying no'. But it is usually not about saying 'No', but exploring how someone can say 'No'.
- Think of boundaries as education rather than punishment. This is why boundaries need to be set in an atmosphere of kindness and caring.
- Boundaries can make children feel safe.
- Boundaries can involve consequences but they can also be about offering choices to children and encouraging them to make safe and appropriate choices.
- Boundaries can teach more to children when they are supported by a reason why. Very often children can be benefitted by direct explanations of why a limit is set.
- Boundaries are often thought through modelling behaviour. Parents can teach boundaries better through their own behaviour rather than in words.

Why Boundaries are Helpful

Unhealthy boundaries cause emotional pain that can lead to dependency, depression, anxiety, and even stress-induced physical illness. A lack of boundaries is like leaving the door to your home unlocked: anyone, including unwelcome guests, can enter at will. On the other hand, having too rigid boundaries can lead to isolation, like living in a locked-up castle surrounded by a mote. No one can get in, and you can't get out.

Why would we set healthy boundaries?

- **To practice self-care and self-respect**

Looking after our relationships by taking care of boundaries means that we are able to look after ourselves.

- **To be empowered**

It feels empowering to be assertive; to confidently and truthfully say “yes” or “no” and be okay when others say “no” to us.

- **To set limits in a relationship in a way that is healthy.**

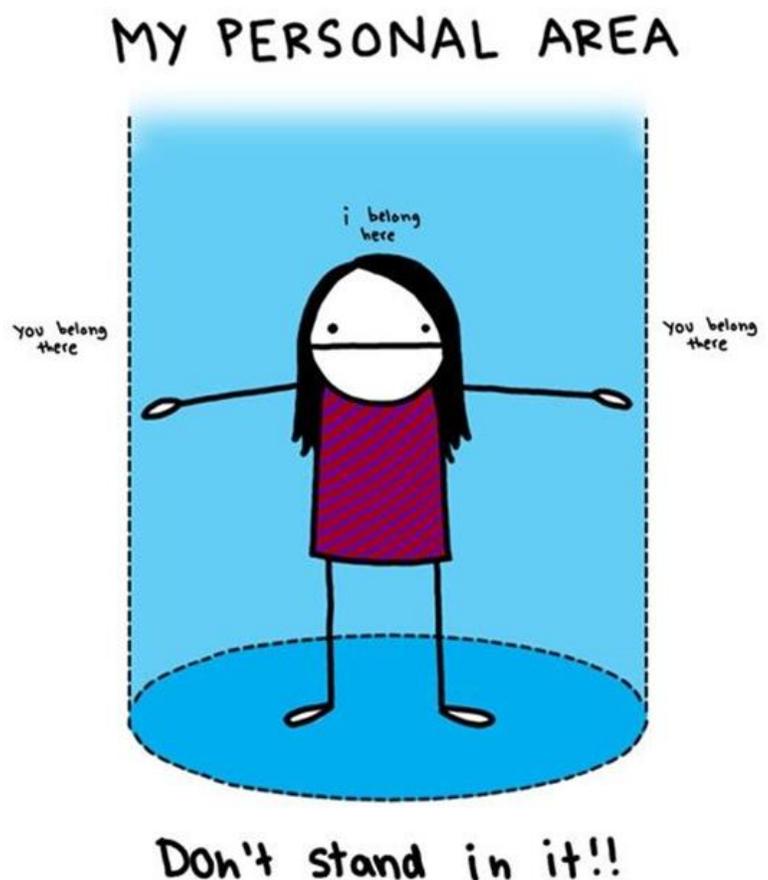
Boundaries can help towards an equal partnership where responsibility and power are shared.

- **To protect physical and emotional space from intrusion.**

Boundaries can guard our physical safety and emotional well-being.

- **To separate your needs, thoughts, feelings, and desires from others.**

Recognising that our boundaries and needs are different from others’.



How can I set boundaries?

All children need love, guidance and to have rules and boundaries. Rules and boundaries help families to understand how to behave towards each other, and what's OK and not OK. But the best way to go about this will vary based

on your child's age and stage of development. All children are different and develop and reach milestones at different rates.

for babies and toddlers

- Introduce boundaries from an early age.
- Sympathise with how your child may be feeling – for example, saying “I know you are frustrated”, if your child is struggling to do something.
- Share your own feelings if you find it helps to relieve your stress – for example, “I know you're tired but I'm tired too”.
 - Try to avoid using orders and ultimatums.

for school age - teenagers

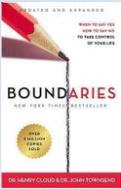
- Be willing and give your child chances to show they can be trusted.
- Avoid criticism wherever possible. If your child has done something wrong, explain that it is the action and not them that you're unhappy with.
- Try to avoid getting trapped in petty arguments, there are rarely any winners!
- Consider ways to negotiate or offer choices as your child gets older.

For all ages

- Keep guidance simple and consistent.
- If your child is behaving in a way you don't want them to, clearly explain what you want them to do instead.
- Be available and make time so your child will come to you when they feel something is wrong or they are upset.
- Keep talking and listening to your child even if at times it feels like a challenge. Start listening from a very early age and set a pattern for life.
- Review family rules as your child gets older and recognise the different needs of children living at home. For example, you shouldn't expect the same from your 12 year-old as you would from your four year-old.
- Get support from friends and try any good ideas they have found helpful.
- If you are struggling and things are getting out of hand, get advice from your GP, a health visitor, or your child's teacher.

Resources

Book:



Boundaries with Kids: When to Say Yes, When to Say No to Help Your Children Gain Control of Their Lives by Henry Cloud.

Online Resources:



National Society for the Prevention of Cruelty to Children
Need-to-know: how to set boundaries and build positive relationships
<https://learning.nspcc.org.uk/research-resources/leaflets/positive-parenting/>



Action for Children: Clear instructions and boundaries help children learn how to behave. These tips can help.
[https://dots.actionforchildren.org.uk/behaviour/how-can-i-get-my-child-to-do-what-i-ask/?tags\[\]=4-5-yrs&tags\[\]=6-12-mths](https://dots.actionforchildren.org.uk/behaviour/how-can-i-get-my-child-to-do-what-i-ask/?tags[]=4-5-yrs&tags[]=6-12-mths)



Ted Talk: Kids need structure, Colin Powell
https://www.ted.com/talks/colin_powell_kids_need_structure

Ted Talk: No Limits, Only Boundaries, James Officer
https://www.ted.com/talks/james_officer_no_limits_only_boundaries

Ted Talk: The difference between healthy and unhealthy love ...,Katie Hood
https://www.ted.com/talks/katie_hood_the_difference_between_healthy_and_unhealthy_love

Local Agencies, Charities and Support Services

Bromley Parent Voice



Bromley Parent Voice is a forum that aims to be a voice to inform service providers of the need of children and young people with a disability or additional need and their families in the London Borough of Bromley. <http://www.bromleyparentvoice.org.uk/> 07803 287838

Bromley Changes - Drug & Alcohol Service



A social care and health charity that supports adults, young people and families whose lives are affected by substance misuse, homelessness, poverty, unemployment, domestic abuse, mental health issues and offending. <https://www.changegrowlive.org/what-we-do> T: 02083131107

Bromley Mencap



Bromley Mencap is an award winning, user led service which offers free support across a range of areas for families with a child who has social/communication or learning difficulties. www.bromleymencap.org.uk T: 020 8466 0790

Bromley Women's Aid



Support for Domestic violence. www.bwaid.com T:02083139303

Welcare in Bromley



Welcare is a family-focused charity dedicated to helping children and families overcome challenges and build towards a better future www.welcare.org T:020 7820 7910

Mind



Mind provides advice and support to empower anyone experiencing a mental health problem. www.mind.org.uk

Oxleas NHS



Support booklets for parents looking at Family relationships, violent behaviour, and gang affiliation. <http://oxleas.nhs.uk/advice-and-guidance/children-and-young-peoples-services/nvr/parent-booklets/>

