

Breaking Bad...Habits; Setting Boundaries with Families

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DESCRIPTION...Set boundaries with families to allow for a professional environment and mutual respect. Discover what boundaries participants want in their unique environment and make a plan to implement them. Create an environment that is open and supportive with families yet has professional boundaries.

KNOWLEDGE AND COMPETENCY FRAMEWORK AREA(S): III: Relationships with Families

CDA CONTENT AREAS: IV Strategies to Establish Productive Relationships with Families

Learning Objectives

- 1) Recognize the need for professional boundaries with families in a child care business.
- 2) Assess their child care and relationships to determine what boundaries they want in their unique environment.
- 3) Make a plan to implement boundaries with families to create an environment with mutual respect.

Why do you need boundaries in child care?

Because YOUR family matters.

Because your time and energy are valuable.

Because you are running a business.

Understanding the Intricacies of Families

Culture – Religion - Socioeconomic Status - Health Concerns - Family and Extended Family – Various Issues

Work Expectations - Relationship Issues - Concerns for Safety – Any Other Ideas?

Types of Boundaries

Payments – Relationships – Hours - Social Media - Social Life - Sickness/ Illness

Discipline - Confidential Information – What other boundary issues are YOU facing?

10 Ways to Build and Preserve Better Boundaries - By: Dana Gointa Ph.D.

Having healthy boundaries means “knowing and understanding what your limits are”

1. Name your limits
2. Tune into your feelings
3. Be direct
4. Give yourself permission
5. Practice self-awareness
6. Consider past and present
7. Make self-care a priority
8. Seek support
9. Be assertive
10. Start small