

**BOUNDARIES
FOR
NEW GENERATION**

**TEACHING NEW GEN
SELF CONTROL, WILL POWER
AND SELF SUFFICIENCY**

Dr. Grace Lalana Christopher

Self control is essential for the well-being of an individual more so in today's modern world. Setting age appropriate boundaries develops will power and teaches children self sufficiency and high self esteem, positively influences not only the individual but also the society at large. It is this self control that enable one to reach greater heights.

DR. GRACE LALANA PUBLICATIONS

**BOUNDARIES
FOR
NEW GEN**

DR. GRACE LALANA CHRISTOPHER

Dr. Grace Lalana Christopher

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*Dedicated to the loving memory
of my Aunt
(Late) Miss Manikya Chenappa,
The principles and character values
that she inculcated in her many students
under her care
still influences the next generation and so on*

Setting and implementing effective boundaries is a life style approach in guiding the new generation in the right path as they grow. Boundaries at first deals with safety issues and later with moulding character and instilling approved behaviour in doing what is right, thereby teaching children self control. This is a major component of new gen parenting and a moral responsibility of all parents to ensure this.

This book should be read in continuity with “ New Gen Parenting” for total, comprehensive healthy, personality growth and development of a child, in so doing, raising healthy, happy, confident young adults empowering them to live successful, accomplished lives, to become leaders and pillars of their society, positively influencing the environment, thus making their world a better place to live in.

FOREWORD

Books form the knowledge source even in this modern world. Though India has more than 26 million births a year – most Indians read books from across the continent. It is good to have local books written by local Pediatricians. In this regard, it is highly commendable that Dr Grace Lalana has dedicated her private time to write a book on ‘Boundaries for New Gen’ for the benefit of the parents.

Dr Grace Lalana Christopher is a highly qualified Pediatrician with a wide working experience across states of Southern India as well as being a Parent. She is right person to write books on such topics. Writing books needs lot of dedication and time and I commend Dr Grace Lalana for having done a marvelous job. In the new India – most young parents are “knowledge thirsty” and for them to be effective parents, they need to learn effective discipline which will go a long way in building a better country for the future. Hence I recommend all NEW parents to read this book for effective learning and parenting the next generation.

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Setting and implementing boundaries need to be done in a consistent, firm and loving manner, when disapproved behavior is exhibited. Functionally it is an important parenting strategy in the day to day living starting when toddlers first exercise their autonomy and continues to adulthood when parental control becomes self control and develop self sufficiency and competence. It is this self control coupled with will power that is the basis for determination and perseverance that enable children to become high achievers with self esteem and integrity.

PREFACE

Today's children mature a lot faster than the previous generation where life was a relatively slow-paced affair. Today's youngsters face rapid changes in society and keeping pace with life poses a whole new set of challenges that often parents are not aware of. Hence setting and implementing effective boundaries for young growing children is a crucial responsibility of parents whereby parents instill self control in guiding them, inculcating socially acceptable behaviour for character building with integrity and high self esteem, enabling them to develop to his or her full potential.

Setting boundaries needs to be age-appropriate to child's capabilities and level of responsibility, coupled with reasonable consequences. Setting rules also acts as safety measures protecting children from danger and should start early on, when the child first exhibits autonomy and assert their independence with increasing mobility.

The rules at first are mainly confined to safety issues as the child's immature, developing brain cannot foresee danger, later rules for approved behavior and character values follow.

Hence boundaries for toddlers differs from that of an adolescent. However firmness, love and

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consistency are traits parents need to exhibit through each evolving developmental stages of the child though laxity may be shown during adolescence when parental control now becomes self control.

It is this self control and will power that will hold the child in good stead throughout life not only in making the right decisions and choices but also in the ability to persevere to the end, despite odds and failures to be to achieve success in life.

This book describes various aspects of child behavior and how best to set and implement appropriate boundaries so that growing children develop those inner controls, to grow up into mature responsible adults finding joy, success and fulfillment in life.

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INTRODUCTION

All children need boundaries within which they can grow safely to develop to their full potential. Children are impulsive by nature and have poor control hence it is a crucial parental responsibility to teach children self control. The most important thing to remember about setting boundaries is that it is a form of teaching and good teaching is based not on punishment but on guidance with a positive approach in enabling a child to develop those kinds of behavior that others will enjoy, will lead to a happier child and a more peaceful family.

Consistency is important in developing a child's self control, where the same mis-behaviour calls for the same disciplinary measures. These two characteristics of self-control with high self-esteem and will power are vital components to leading successful and happy lives. If parents can ingrain these in their children, parenting efforts will prove successful.

Setting effective boundaries should be appropriate to the child's capabilities and level of responsibility rather than the child's age. At first, safety is the most

important concern in infants, toddlers and young children who need few rules which evolves as the child grows. It is essential that children learn self-sufficiency to develop high self-esteem and be motivated from early on in life.

Self control instilled by consistently obeying rules, helps develop strong will power; these two characteristics are important keys to success in life. Later with the ability to discern right from wrong and formation of conscience, comes integrity and strength of character so that they grow up to become mature responsible adults and strong pillars of society.

Hence setting and implementing effective boundaries cannot be underestimated while effectively parenting our children. This book gives parents information so vitally needed on how to set effective boundaries and implement them right from early childhood up through adolescence.

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SECTION I**CHAPTER 1****IMPORTANCE OF BOUNDARIES**

Children need boundaries on their behavior in order to grow safely, to be loved and to feel loved. Parents need boundaries on their own time and energy in order to enjoy their children and still respect themselves and to meet their own needs. First of all, it is important for parents to know that boundaries are not meant to be permanent but evolves as children grow through successive stages of growth and development from toddlerhood to young adulthood.

Parents and children often get themselves into difficult situations by enlarging boundaries too soon, or not soon enough. Four-year-olds are generally not capable of riding their bikes safely in traffic. Teenagers are generally furious at being treated like incompetent four-year-olds.



Parents need to be aware, that they need to use the

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child's capabilities and level of responsibility as boundary markers rather than the child's age. Again, boundaries set for one child may not be appropriate for another child. Often parents hear the complaint, "But they can do it! Why do one pick on me?" or, "I'm old enough, don't you trust me?"

Boundaries have nothing to do with trust or love or "the majority rules." Boundaries are clearly marked lines of acceptable and unacceptable behaviors. Balancing boundaries means that children need to know how far they can go before their behavior is unacceptable and parents need to know how far their time, energy, and patience will stretch before their children's behavior becomes intolerable.

Hence it is necessary that parents let the child know their own boundaries of time and energy, how far they can go and exactly what the consequences will be. This builds recognition and awareness of other people's needs. As needs change, boundaries must be clearly redefined. There must be no misunderstandings or surprises. If boundaries are going to work effectively and make for happier lives, then they must be known in advance and children realize that parents mean what they say.

Rules which are not clearly defined are usually the set-up for many problems. In order to enforce boundaries, parents need to decide what is important to the child to use as an incentive. It is easier and more constructive to encourage children to stay within the

boundary of acceptable behavior by giving them incentives than it is to threaten them with punishment.

Parents need to give the child a reason for obeying, rather than simply stating the fact that "I say so." Boundaries are a necessity for children of all ages. As a responsible parent, children should be given the tools to be a confident and respectful human being as an adult. The goal of effectively parenting newgen is to raise children to be happy and successful in the world when they leave the nest.

Setting boundaries for children is more than just making rules for children. It is letting children know what they can and cannot do, that sets the stage for learning of what is expected of them. Learning right from wrong and when it's crossing a line will mould their behavior. Children that do not have boundaries will not know when they have gone too far resulting in hard to control behavior.

Children learn to regulate their reactions and feelings through emotional interaction with caring parents and learn about self or develop a self concept. Infants use facial expression, body movement and



emerging language to communicate their reaction to others. Children who receive consistent loving nurture and appropriate responses establish an emotional bond which ensures the

development a positive self concept and high self esteem.

Being inconsistent with boundaries can result in children having low self-esteem and poor self image and having to learn consequences to their actions only by being ridiculed by peers and not being included in play time hurts. They do not understand that their behavior is inappropriate since there isn't a problem with it at home. If a child has not been taught how to share, not to hit or that they can't always have everything they want with constant follow through, they are going to behave the same at school and on the playground. Not having any other children wanting to play or socialize with them can be devastating to their self worth.

At home, yelling at children may get results for the moment, but long term it means nothing. Setting specific rules and consequences will. It is not just the child's behavior that needs a big change but parents as well. Children need to have boundaries set for them at a young age. As soon as they start to crawl and walk around one needs to start laying down the law. It's not as harsh as it sounds but the younger the child is, the easier it will be to keep rules in place for the child as they age.



When toddlers get to the age where they are curious and start to get into things, boundaries and rules must be for safety. Toddlers need to be told 'no' and time-outs may be needed to reinforce rules. However one needs to be consistent. If a consequence is set for an action, following through every time is the only way to curb the rule breaking.

Consistency alone is very important and does great things for a child. Consistency in itself is a boundary that children can find safety in. Children need routine. Setting nap times, snack times, story times, bed time routines are all things children function well with. Knowing what to expect will reflect in their behavior. They know that if they break this rule this is what's going to happen. If they don't break the rule they won't have to give up their toy or sit in time-out.

Remember that part of setting up boundaries and consequences for poor behavior is also setting up a system to reward good behavior. Positive reinforcements encourage proper behavior and give them a reason other than fear of punishment to be well behaved. It does not always have to be a special treat as that will quickly back fire and can turn into having to bribe for good behavior. A simple acknowledgment and verbal praise will do a lot for children at all ages. Letting them know that their positive behavior is seen and



appreciated will go much further than anything material.

Parents need to model healthy boundaries. Children learn more by what parents do than what is taught to them to do. Parents should be responsible, ethical and follow these essential rules throughout life in just the same way one would like the children to i.e. walk the talk. Life at home with the children then does not have to be a struggle or constant war between parents and children as setting down specific rules and what will happen as a result of breaking them making children understand and conform.

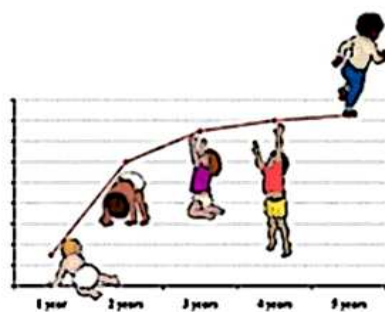
However parents need to make sure that it is something that one is able to follow through with every time, because children know that when parents are not consistent they can do what they want. Parents need to be in charge of the house and take the control back. It won't take long before one start to see all around changes in the child's behavior. Boundaries set at home will extend into their life at school and with their friends, giving children the confidence and self-esteem they deserve and need to be successful and happy adults.

Setting boundaries for children is not only healthy, but will help set them up for success in relationships throughout their lifetime. As parents, it is sometimes a challenge to teach children about boundaries. In their world, the world is all about

themselves, so teaching children how to respect “the rules” and another person is vitally important.

Rules should be clear and concise. Healthy boundaries for children are dependent on this very step. If children are not sure of the rules and the standards of behavior that are expected, they’ll have difficult time learning about boundaries! Parents need to have a clear conversation with children on exactly what is expected of them. It helps, especially with younger children, to have those rules clearly posted in a visible place where they can be reminded of them on a daily basis.

Children should also be aware of the consequences that will take place should they break a family rule. Just as healthy boundaries for children is dependent on children understanding the “rules,” it is just as important that they understand what will happen if they decide to break a rule. When choosing a consequence for a behavior, make sure it is age appropriate and appropriate for the offense, but is also effective as well.



Boundaries are dynamic and evolves as the child grows and develops, however each child is unique and no two children are the same. Parents need to

tailor boundaries according to the developmental acquisition of skills of the child which varies according to age, though age at various skills develop may vary within a broad range of behavior that can fall within the boundaries of “normal” but following are general guidelines of child development. Some children develop earlier in one area, others may lag in another area, however if a child shows developmental delay in any area which is worrisome, do contact the doctor. If the doctor finds anything that may be of concern, they identify services that may help the child or refer to a specialist. If a child is delayed, one should start intervention as early as possible so the child can make the best possible progress.



Child development refers to how a child becomes able to do more complex things as they get older. Development is different than growth. Growth only refers to the child growing physically and getting bigger in size.

Developmental milestones are a set of functional skills or age-specific tasks that



most children can do at a certain age range. A pediatrician uses milestones to help check how a child is developing. Although each milestone has an age level, the actual age when a normally developing child reaches that milestone has a wide range.

Normal development usually refers to developing skills such as:-

1. Gross motor: using large groups of muscles to sit, stand, walk, run, etc., keeping balance and changing positions.
2. Fine motor: using hands to be able to eat, draw, dress, play, write, and do many other things.
3. Cognitive/Intellectual: Thinking skills: including learning, understanding, problem-solving, reasoning, and remembering.
4. Social/Emotional: Interacting with others, having relationships with family, friends, and teachers, cooperating, and responding to the feelings of others.
5. Language: speaking, using body language and gestures, communicating, and understanding what others say.

Understanding individual variations in the stages of development and knowing how each stage is manifested in a child's behavior provides guidelines and tools for skillful parenting and implementation of rules or boundaries. Children need to meet the

demands of each successive stage which is characterized by its own set of problems that must be overcome if they are to proceed with confidence to the next stage.

Boundaries or limits vary from stage to stage and should be appropriate to that particular development stage to make the task of parenting rewarding. Hence I have outlined the developmental behaviour of a child from the time of birth as secure attachment during infancy is vitally important for later setting of rules and boundaries which should start from around the age of eighteen months when the child first asserts autonomy so the child develops high self esteem. Hence the crucial foundation for effective implementation of boundaries begins in the early stages of life and parents need to be aware of the importance of all stages of growth and development.



There are ten stages in which children develop in a sequential manner from infancy through childhood and adolescence to mature adulthood. Effective boundaries gives children a sense of security to grow and develop to their full potential within these boundaries which at first is mainly concerned with safety issues promoting the highest degree of functional harmony, and enabling a child to

successfully confront and solve problems as they grow older and demonstrate the achievements of each stage in the normal sequence. Consistency and following through with the expectations and consequences is essential, if one decides a rule stands, it stands. Each and every time parents must mean what they say and say what they mean if they want the children to take them seriously. A long-standing family rule may need to evolve as children grow and develop.

TEN STAGES OF GROWTH AND DEVELOPMENT

Stage One- Neonate from birth up to 4 weeks

Stage Two- Infant from 1 till 12 months

Stage Three-Toddler from 1 to 2 years

Stage Four-Preschooler from 3 years to 5 years

Stage Five-Middle childhood from 6 to 8 years

Stage Six-Tweens or Preadolescence from 9 to 10 years

Stage Seven-Early Adolescence from 11 to 13 years

Stage Eight-Middle Adolescence from 14 years to 17 years

Stage Nine-Late Adolescence from 18 to 21 years

Stage Ten - Young Adult up till 25 years

Hence parenting the New Generation needs to be appropriate according to the developmental ability of the child. However whatever the developmental stage of the child, the common goals for parents are to be aware of the changing pattern of child psychology and

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behavior and develop skills and techniques in dealing appropriately with the needs of a growing child. It is important to keep communication lines open, to encourage expression of feelings and help the child get inner control along with high self esteem and self-confidence.

By accomplishing these goals, parents will fulfill what has been said to be the main job of parenting: to become dispensable thus enabling children to mature into responsible adults finding joy, success and fulfillment in life. Hence boundaries are a necessity for children of all ages. As a responsible parent, children should be given the tools to be a confident and respectful human being as adults. It is essential that children learn self-sufficiency and to develop high self-esteem and be motivated from early on in life.

The goal of parenting the new generation is to raise children to be happy and successful in the world when they leave the nest. The ultimate paradox of parenthood is that loving children, means setting and implementing effective boundaries or limits by teaching children about life's boundaries and to develop those inner controls which are essential to lead successful and happy lives so that children can develop and achieve their full potential .

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Titled

TODDLERHOOD

ONE TO THREE YEARS

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