



# HEALTH & WELLNESS NEWS



HAPPY HOLIDAYS  
FROM  
COMMUNITY HEALTH

## WHEN CHILDREN IGNORE OR TEST LIMITS,

taking action can keep us from yelling out of anger or exasperation,

### TAKE ACTION TO PROTECT THINGS

"I'm going to put your sister's lego ship on the table to protect it."



### TAKE ACTION TO PROTECT THE CHILD



"I need you to be safe in the parking lot, so I'm going to pick you up."

### TAKE ACTION TO PROTECT OTHER CHILDREN

"Let's leave the crowded library and find a place to run so we don't have to worry about bumping into anyone."



### TAKE ACTION TO PROTECT YOURSELF



"It hurts when you grab my face, I'm going to put you down,"

## Setting Limits

Using positive action language helps kids understand.

Instead of:	Try this:
• "Don't paint on the table."	• "Keep your food on the tray."
• "Don't be rude."	• "Ask me in a kind way."
• "Stop climbing on me."	• "I'd like for you to sit next to me."
• "Stop yelling."	• "Let's whisper in the library."

Simple shifts in the language we use can make a big difference in helping kids hear us.



This information is provided to you by the Indigenous Project LAUNCH (Linking Actions for Unmet Needs in Children's Health). The purpose of this grant is to foster culturally responsive models to support and promote the wellness of children and families.

@curiousparenting

THIS INFORMATION IS PROVIDED TO YOU BY THE INDIGENOUS PROJECT LAUNCH (LINKING ACTIONS FOR UNMET NEEDS IN CHILDREN'S HEALTH). THE PURPOSE OF THIS GRANT IS TO FOSTER CULTURALLY RESPONSIVE MODELS TO SUPPORT AND PROMOTE THE WELLNESS OF CHILDREN AND FAMILIES.

