

# BOUNDARY BLUEPRINT: PROTECTING YOUR PEACE WITH EXTENDED FAMILY



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SETTING BOUNDARIES WITH EXTENDED FAMILY REGARDING YOUR PARENTING PRACTICES CAN BE A SENSITIVE YET ESSENTIAL TASK TO ENSURE YOU MAINTAIN CONTROL OVER HOW YOU RAISE YOUR CHILDREN. HERE ARE SOME STEPS TO HELP YOU ESTABLISH THESE BOUNDARIES EFFECTIVELY:

## REFLECT ON YOUR BOUNDARIES

Take time to define what boundaries you need and why they're important. Consider areas where interference is most challenging, such as discipline, routines, or lifestyle choices.

## EXPLAIN YOUR PARENTING STYLE

Share your parenting philosophy and reasoning to provide context for your decisions. This can help family members understand your perspective and reduce potential resistance.

## SET CONSEQUENCES

If boundaries are repeatedly disrespected, be prepared to enforce consequences, such as limiting contact or refusing to discuss certain topics.

## \*IMPORTANT REMINDER\*

Setting boundaries is crucial for the well-being of your family unit, and it's okay to prioritize your values and parenting style over others' opinions.

## COMMUNICATE CLEARLY AND CALMLY

Plan a conversation with the involved family members. Use "I" statements to express your needs and desires, such as "I feel overwhelmed when parenting decisions need to be defended," to avoid sounding accusatory.

## STAY CONSISTENT

Consistency is key in enforcing boundaries. If a boundary is crossed, address it immediately and remind the family member of your previous conversation. Consistency demonstrates that you are serious about your boundaries.

## BE RESPECTFUL BUT FIRM

It's essential to remain respectful, even if family members disagree with you. However, firmness is necessary to ensure your boundaries are taken seriously.