



# My Child Is Allowed To...

A simple reminder sheet for parents who want to protect their child's comfort, voice, and boundaries in everyday situations. Use it before family visits, playdates, holidays, school events, or any moment where adults may pressure a child to ignore their own limits.

## — 12 CHILD BOUNDARY REMINDERS

- 1 Say no to hugs, kisses, tickling, or unwanted touch.
- 2 Need a break from noise, people, or attention.
- 3 Stay close to me when they feel unsure.
- 4 Take time to warm up before speaking or joining in.
- 5 Use their own words instead of performing on command.
- 6 Ask for help when something feels confusing or uncomfortable.
- 7 Say "I don't like that" when someone crosses a line.
- 8 Be shy, quiet, sensitive, or cautious without being shamed.
- 9 Have big feelings without being mocked or dismissed.
- 10 Be corrected calmly and privately when possible.
- 11 Be guided by their parent, not managed by every adult in the room.
- 12 Leave a situation that feels overwhelming or unsafe.

*"Respectful children are still allowed to have boundaries."*

**Need the words for the moment someone pushes back?**

Find child-boundary scripts and confidence guides from Better Words Studio.

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