

EMPOWERING LIMITS: Lesson 1: Believe in yourself



The most important thing for you to have when setting limits is *SELF-BELIEF*.

Your child knows when you're being authentic and sincere. These vibes transmit to your child when you speak. They make the difference as to whether they listen to you or not.

Whose will is the strongest, yours or your child's? This doesn't mean shouting, fearful or controlling behaviours. It simply means believing that what you say is going to happen:

- Like stopping your child running into the road - you believe in your soul that what you're saying has to happen: "Stop!"
- This belief is the same when setting any other limits: gentle confidence and self-assurance that you are in charge and can firmly keep your child safe within appropriate limits.

Many people experienced difficulties in childhood, feeling mistreated or misunderstood by your own parents. This can affect your unconscious mind and make it difficult to have faith in yourself and be assertive.

- Maybe you don't like confrontations and would rather back down from arguments and hope everything sorts itself out without your involvement?
- Or maybe you're used to having loud arguments about everyday occurrences and find it hard to imagine staying calm under stress?
- It's ok. This is a learning process. It's about becoming aware of your unconscious reactions to situations so you can make gradual changes.

Think of the 3 Ds. You can be:

- *DEPENDABLE*
- *DECISIVE*
- *DETERMINED*

And avoid being a Dictator or a Doormat!

It's ok to be a 'good enough' parent to your child (see the work of [D.W. Winnicott](#) for more details). No one has ever been a perfect parent and no one ever will be. We all get tired, grumpy and lose our temper. As long as most of the time you are responding to your child's needs it will be fine.

Remember you are absolutely the most important person in your child's life:

- They *DEPEND* on you, adore you and love you unconditionally.
- It's enough that you are kind, firm, *DECISIVE* and set limits when needed.
- You deserve to be listened to and respected. Your self-belief, kindness, *DETERMINATION* and firm reliability transmits to your child and allows them to recreate these characteristics for themselves.

Reflections:

- **When do you find it difficult to say no or set a limit?**
- **What exactly do you find challenging about it?**
- **Remember, it's ok to stick to a limit you've set. You can work together to find an alternative that suits everyone.**

- Can you think of some compromises you could make in future that would still allow you to have the boundaries you want at home?

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