



SUSAN L MORLEY  
• PARENT COACH •

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# Limits and Boundaries

*How setting limits and boundaries  
create peace in the home...and  
help tackle tech troubles!*

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# Hi!

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- ❖ A little about you
- ❖ A little about me
- ❖ A little about why I'm here today

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# Seasons of Parenting

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- ❖ Season of Service
- ❖ Season of Discipline
- ❖ Season of Mentoring & Emancipation

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# You Want SOLUTIONS!

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- ❖ Plan A is leadership

- ❖ marriage/adult-centered family

- ❖ mission statement

- ❖ vision

- ❖ family agreements

- ❖ alpha speech

- ❖ Plan B is consequences

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# But first...Leadership

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- ❖ use an economy of words
- ❖ say what you mean and mean what you say
- ❖ come straight to the point
- ❖ *rarely* explain yourself

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And...

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assign emotional and practical  
responsibility for a child's misbehavior  
to the rightful owner...

**the child!**

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# What about Peace in My Home?

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- ❖ Leadership is a choice
- ❖ Humans are hardwired for drama
- ❖ Children are drama factories

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# Limits and Boundaries

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- ❖ What boundaries do we have for babies?
- ❖ Toddlers?
- ❖ School-aged children?
- ❖ Teens?

The Marital Bed is Boundary #1



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# Let's Talk Tech

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- ❖ Overuse of social media affects sleep, self-esteem, relationships \*
- ❖ Children at the grade school age will likely use tech daily \*\*
- ❖ Tech giants and their kids
- ❖ Mom in the mirror

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# Your Goals

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- ❖ Bank of America study
- ❖ Dr. Larry Rosen
- ❖ Your turn!

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# Next Steps

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- ❖ Tech Break
- ❖ Device Free Dinner
- ❖ Real Talk
- ❖ Family Agreement
- ❖ Expectations/Contracts
- ❖ Model
- ❖ Your turn!

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# Resources

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- ❖ [ParentCoachAtlanta.com](http://ParentCoachAtlanta.com)
- ❖ Boundaries ~ Dr. John Townsend and [www.boundariesbooks.com](http://www.boundariesbooks.com)
- ❖ Rollins School of Public Health, Emory; Scroll-Free September
- ❖ National Institute of Health
- ❖ [TheTruthAboutTech.com](http://TheTruthAboutTech.com)
- ❖ [CommonSenseMedia.org](http://CommonSenseMedia.org), Device Free Dinner and more
- ❖ [HashTagParentingTips.com](http://HashTagParentingTips.com)
- ❖ Save your Drama for your Mama: Drama or Leadership is a Choice ~ Charlie Sheppard

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# Let's talk!

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