



Why Are Boundaries with Kids Important?

Ever since the time of Adam and Eve, taking ownership of our lives and accepting responsibility for ourselves is something we have resisted. Your task as a parent is to help your children develop inside them what you have been providing on the outside: responsibility, self-control, and freedom. Setting and maintaining boundaries is not an easy task, but with the right ingredients, it really works.

The Future Is Now

We often parent in the present without thinking about the future. We usually deal with the problems at hand. Making it through an afternoon without wanting to send our children to an eight-year camp in Alaska seems like a huge accomplishment! But one goal of parenting is to keep an eye on the future. We are raising our children to be responsible adults. Child rearing requires many different interventions. There are times for helping, for not getting involved, or for being strict. But the real issue is this: *Is what you are doing being done on purpose?* Or are you doing it from reasons that you do not think about, such as your own personality, childhood, need of the moment, or fears?

When you are helping your children develop their character, you are preparing them for the future. A person's character largely determines how she will function in life. Whether she does well in love and in work depends on the abilities she possesses inside. And boundaries are effective tools to help you with this critical task.

Most of our problems result from our own character weakness. Where we possess inner strength, we succeed, often in spite of tough circumstances. But where we do not possess inner strength, we either get stuck or fail. If a relationship requires understanding and forgiveness and we do not have that character ability, the relationship will not make it. If a difficult time period in work requires patience and delay of gratification and we do not possess those traits, we will fail. Character is almost everything.

Children Are Not Born with Boundaries

A boundary is a "property line" that defines a person; it defines where one person ends and someone else begins. If we know where a person's boundaries are, can require responsibility in regard to feelings, behaviors, and attitudes. We have all seen couples, for example, arguing with each other about "who's to blame," each avoiding responsibility for oneself. In a relationship with someone, we can define what we expect of each other, and then we can require each other to take responsibility for our respective part. When we each take ownership for our part of a relationship, the relationship works, and we all accomplish our goals.

A child is no different. A child needs to know where she begins, what she needs to take responsibility for, and what she does not need to take responsibility for. If she knows that the world requires her to take responsibility for her own personhood and life, then she can learn to live up to those requirements and get along well in life. But if she grows up in a relationship where she is confused about her own boundaries (what she is responsible for) and about others' boundaries (what they are responsible for), she does not develop the self-control that will enable her to steer through life successfully. She will grow up with confused boundaries that lead to the opposite: *trying to control others and being out of control of herself.*

The essence of boundaries is self-control, responsibility, freedom, and love. These are the bedrock of strong character. Along with loving and obeying God, what could be a better outcome of parenting than that?

To learn more about how to effectively use boundaries in child rearing, get the book *Boundaries with Kids*. And, if you have teenagers, get the book *Boundaries with Teens*.

Adapted from *Boundaries with Kids* by Dr. Henry Cloud and Dr. John Townsend.

Compiled from <https://www.boundariesbooks.com/pages/why-are-boundaries-with-kids-important>



Upcoming Classes

LEVEL ONE—JOURNEY TO UNDERSTANDING

These classes will help bring clarity and validation to what you are experiencing.

Online Only: 10—11:30 am, Wednesdays

Online and In-person: 7-8:30 pm, Wednesdays

To receive online access or attend class in person please contact selah.empowers@gmail.com

AM Classes

- Nov. 15: Verbal/Psych Abuse
- Nov. 22: NO CLASS
- Nov. 29: Characteristics of Abusers-I
- Dec. 6: Characteristics of Abusers-II
- Dec. 13: TBD
- Dec. 20: Boundaries
- Dec. 27 & Jan. 3: No Class

PM Classes

- Abuse/Faith Issues
- NO CLASS
- Self Esteem
- Karpman Drama Triangle
- Christmas Dinner/Special Holiday Class Combined (6:30 pm start)
- Boundaries
- No Class

FACILITATORS



Vicki Williams



Carol Bosch, LMSW



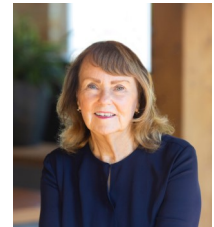
Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema

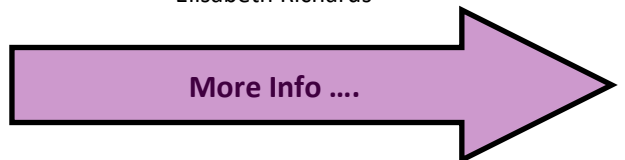


Marge Lucas, MSW

Childcare



Elisabeth Richards



More Info

LEVEL TWO —STRENGTH FOR THE JOURNEY

These classes focus on finding the strength needed as you make decisions for your situation.

This week we will dig into Chapter Three, The Landscape of our Lives. The author takes a look at what it's like to live in the body of woman as well as being a woman in today's world. This should be a fascinating discussion. Hope to see you Wednesday!

If you need a book or want to join in please reach out to Shirley Ritsema at shirleyr@selah-empowers.org.

Online and In person: 7-8:30 pm, the same dates as Level One.

To receive online access or attend class in person please contact selah.empowers@gmail.com



- selah.empowers@gmail.com
- (616) 510-6305
- selah-empowers.org



Pause & Find Strength

Latest Class & Event Info

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Group Agreement: We ask that everyone read the Group Agreement attached to the email. Attending the classes means you have read and agreed to the group agreement.

Childcare: Please let us know ahead of time if you will need childcare, however, we know schedules change, so if you don't get a chance to let us know before class that will be fine, too.

Safe Environment: We want to provide a confidential and safe environment for everyone to share and receive support. We also recognize that some material covered in this group is sensitive and can be triggering. Please practice healthy self-care and let us know if you are feeling overwhelmed or need to speak privately.

How Can We be in Prayer For You?

In Selah online and in person classes, facilitators often extend the opportunity for participants to share a prayer request. These are anonymously passed along to a team of individuals who are committed to praying over Selah, it's leaders and most especially for Selah participants. If you have a prayer request you would like to submit, please feel free to do so by dropping an email to shirleyr@selah-empowers.org. Your email will be handled with confidentiality, care, and covered in prayer!



Selah is grateful to be partnering with these local counseling centers:





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COMMUNITY RESOURCES



HYGIENE PANTRY

3500 Byron Center Ave (616)528-4014
Wyoming, MI 49509 lighthousewy@gmail.com

To locate a food pantry near you search:
<https://www.feedwm.org/findfood/>



Serving Hudsonville, Jenison & Grandville
Search <https://lovewm.org/>
to learn more.



Also known as "Love Inc."
To find one near you search:
<https://www.loveinc.org/find-your-love-inc/>

SAFETY



Search "Addalock" portable door lock on Amazon



Search Monsin Wedge Alarm on Amazon

If one of these items would help ensure your safety but you cannot afford one, please reach out to Selah!



mi.gov/agacp ag-acp@mi.gov 313-456-0190



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