



This month's take home tips are all about setting up healthy boundaries with kids in the classroom.

What: Age appropriate, healthy communication with kids contributes to their healthy emotional development. Acknowledging their expressions of affection while maintaining your professional stance strikes a good balance.

Why: Modeling healthy communication between adults and students reinforces the important concept that talking about feelings is healthy and important.

What: Reach out to other teachers or school staff or practice responses to tough student questions if you are unsure what to say.

Why: It's hard to have all the answers and emotions are complicated. Often, simply telling students, "While I may not have all the answers, I care" is all they may need to hear in that moment. They then still feel safe, cared for, and understood.

What: Honor the sentiment, not the content.

Why: A student may say or do something you're not comfortable with and that's ok. Think of the child as practicing ways to connect and communicate and let him or her know kindly whether it's appropriate or not and why. Seeking to understand the reason the behavior occurred is important, but so is setting healthy limits that you are comfortable with. If the behavior intensifies or becomes concerning, ask for advice from colleagues. Larger issues may be involved. [JPA](#)