

Dear Families/Caregivers,

Personal boundaries are important to protect our emotional and physical safety and take care of ourselves.

In this lesson, your child learned to identify comfortable and uncomfortable feelings. Students learned that comfortable feelings make us feel warm and fuzzy inside and uncomfortable feelings make us feel queasy inside. Students also learned to speak out and let someone know when they are feeling uncomfortable and/or to share their feelings with a trusted adult.

Here are some ways you can help your child begin to establish healthy boundaries:

- Talk with your child about acceptable and unacceptable touching. Keep the conversation age and situationally appropriate. Children should understand that people are in charge of their own bodies and it's not okay to touch anyone in anyway that they don't like.
- Encourage your child to speak out for him or herself. For example, have your child practice simple phrases such as: It's my turn. Please, stop. I don't like that.
- Help your child understand the difference between tattling and telling. Talk to your child about situations that require adult interaction (hitting, bullying, risk of physical or emotional harm).
- Be sure your child has trusted adults that he or she can talk to.

Sincerely,

Your Child's Teacher