

FAMILYDECODE · FREE PRINTABLE

Toddler Boundary Scripts

Calm, kind words for holding a limit — without punishment.

- Say the limit once, kindly
- Offer a choice inside the limit
- Stay warm while you hold it

What to say when you set a limit

Keep it short, calm, and the same each time. Cut out or keep on the fridge.

WHEN YOUR TODDLER HITS

"I won't let you hit. Hands are for gentle. I'll help you calm down."

LEAVING THE PARK

"It's time to go. You can walk or I can carry you — you choose."

SCREEN TIME IS OVER

"The show is finished. Screens are all done for today. It's hard to stop."

THROWING FOOD

"Food stays on the plate. If you're all done, say 'all done' and we'll clean up."

NEAR A ROAD / HOLDING HANDS

"By the road I hold your hand to keep you safe. Hand, or shall I carry you?"

STALLING AT BEDTIME

"It's sleep time now. One more hug, then lights out. I'll see you in the morning."