

FIRM AND KIND

parenting

Firm says:

“The boundary still stands.”

Firm protects the boundary without threatening the relationship. Firm means the limit does not depend on a child's mood and that you can handle their big emotions. It creates predictability, which builds safety, and over time teaches frustration tolerance, responsibility, and self-discipline.

Kind Says:

“Your feelings matter.”

Kind removes shame without removing the limit. It separates the child from the behavior and says, “You're having a hard time and you're not the problem.” Kind doesn't mean agreement; it means acknowledgment. It tells the nervous system, “You are safe here, even when you're upset.”

You can validate the feeling
without removing the boundary.

