

# ARE YOU ALL TALKED OUT?

## HERE ARE 5 WAYS TO MAINTAIN BOUNDARIES & CONNECTION WITH KIDS

Kristin Hodson  
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*How is your relationship with your kids?*

One of the most important things I can do as a parent is work at a relationship with my children where we can talk about everything. But when you're feeling all "talked out"...is there a happy medium?

## EMBRACE YOUR INNER SCHOOL TEACHER

Be comfortable setting boundaries. "We're not going to talk about that now, but we will after lunch." Instead of an endless stream of availability.

## CHOOSE A BOTH/AND SCENARIO

I can have a boundary & my kids can still come talk to me about everything.

## CHECK IN TO CHECK OUT

It's ok to stop your child & let them know how you're feeling & if you need to resume the conversation later.

## FILL THEIR CUP SO YOU CAN FILL YOURS

Kids really absorb that distraction free interaction. Then you can step away & be present with yourself.

## DROP THE GUILT

Challenge the mom guilt that comes in & see boundaries as your ally & that you're modeling something so healthy for your kids.

# reflections:

How is your relationship with your kids?

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Do you feel they can come talk to you about everything? What do they think?

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Do you feel "talked out" by your kids? Do you feel you need to set boundaries?

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What could that boundary look like or sound like?

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Are you being present with your kids daily? How could you improve?

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Notes: