



HANDS LIFTING HEARTS
INITIATIVES SOCIETY
RESOURCE 14

LOVE AND LIMITS.

Raising respectful children with
firmness, warmth and culture

For African, Black and Caribbean families,
youth, and caregivers in Alberta

Guide children with clear
limits, warmth and care
that keep everyone safe.

Family Violence Prevention /
Breaking Silence, Building Safety

Sponsored by the Ministry of Children and Family
Services, Government of Alberta

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Alberta
Government

Discipline means teaching

Many of us were raised with strict discipline and love. Some of what we learned we want to keep; some we may want to change. These activities help you guide your children in ways that build respect without fear.

Make this your own

Tick boxes and type in the spaces, or print and write by hand. Use a PDF reader that supports forms. You can skip any question, pause, or return later. There are no scores. Save only if it is safe to keep your answers.

Privacy matters. A completed workbook may contain personal information. Use a device and storage location you trust. If someone monitors your device, consider using a safer device or completing the activities without recording answers.

Choose an activity

How I was raised

What my child's behaviour is telling me

Tools that work

My calm-down plan as a parent

Our family rules

Support you can choose

Safety first: Canadian law places limits on physical discipline, and child-welfare workers respond when a child may be harmed. Learning other tools protects your child and your family.

How I was raised

Discipline in my home growing up looked like...

What I am grateful for from my upbringing

Something that made me afraid as a child

What I want my children to feel when they make a mistake

One thought or next step I want to keep

What my child's behaviour is telling me

Behaviour can have more than one explanation. Choose a possible need for each situation, then compare the examples below. These are possibilities, not diagnoses.

Possible needs: food or rest; feeling heard; clearer instructions; reassurance; help with strong feelings.

Tantrum before dinner - a possible need

Talking back after school - a possible need

Ignoring instructions - a possible need

Lying about grades - a possible need

Hitting a sibling - a possible need

Compare: A before-dinner tantrum may signal hunger or tiredness. After-school conflict may reflect stress. Missed instructions may need clearer steps. Hiding grades may reflect fear. Hitting may signal a need for help managing feelings.

A behaviour I notice and what else could explain it

Tools that work

Tick the tools you will try this week.

- ☐ Clear rules said in advance, in few words
- ☐ Praise the behaviour you want to see
- ☐ A related, agreed consequence (for example, phones in a basket during dinner)
- ☐ Use brief, age-appropriate consequences; never withhold food, care or affection
- ☐ Time-in: stay close and help the child calm down
- ☐ Give two acceptable choices
- ☐ Talk later, when everyone is calm

Firm is not the same as harsh. Children can respect you without fearing you.

One thought or next step I want to keep

My calm-down plan as a parent

Feeling overwhelmed can make a calm response harder. Plan ahead while keeping your child safe.

My warning signs that I am losing patience

What I will do first (breathe or ask a safe adult to help; keep young children supervised)

Someone I can call when I am at my limit

How I will repair with my child after I lose my temper

One thought or next step I want to keep

Official information is linked on the [support page](#).

Our family rules

Write three to five rules with your children. Keep them short and positive.

Rule 1

Rule 2

Rule 3

Rule 4 or 5, if helpful

What happens when a rule is broken

How we show love after a consequence

Support you can choose

You do not have to complete this workbook alone. In immediate danger, call 911. Click a service name for its official information.

Family Violence Info Line

Call or text 310-1818. Available 24/7; phone support in 170+ languages.

Hands Lifting Hearts Initiatives Society

admin@handsliftinghearts.ca | handsliftinghearts.ca

Kids Help Phone

Call 1-800-668-6868 or text CONNECT to 686868.

ShelterSafe

Find women's shelters and support services across Canada.

211 Alberta

Call or text 211, or use online chat to find local services.

Plan for your safety

Government of Canada safety planning information.

Parenting and child safety

Find local parenting programs through 211. Child Intervention: 1-800-638-0715.

One support option I may want to explore

Sources and further reading

[Justice Canada child discipline](#)

[Alberta reporting child abuse](#)

Support information checked October 15, 2026. This workbook is not a substitute for personalised safety planning, legal advice or professional support.

Prepared as part of the Hands Lifting Hearts Initiatives Society Family Violence Prevention: Breaking Silence, Building Safety Toolkit. Images are AI-generated and do not depict participants.