

Milo's Boundaries

Rh a Dufresne Genevi ve Despr s



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Translated by John Conn





Today, Milo arrives at daycare and pulls off his jacket. He can't wait to see his friends!

– Ryan and Cassandra are already there.
Bye-bye Mommy!

– You're so hurried, my love. How about
a kiss before you go?

Milo sighs and quickly kisses Mommy's
cheek.

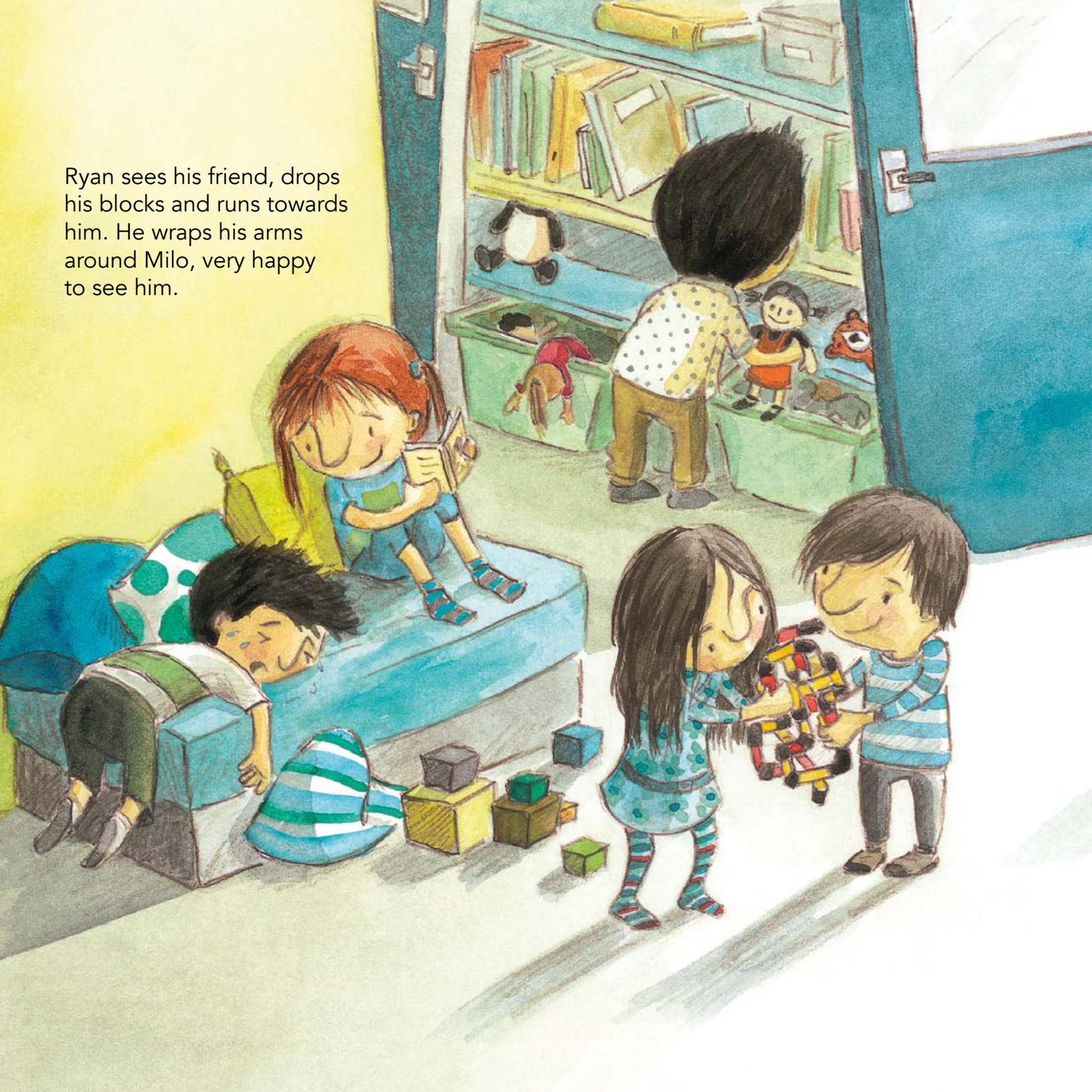


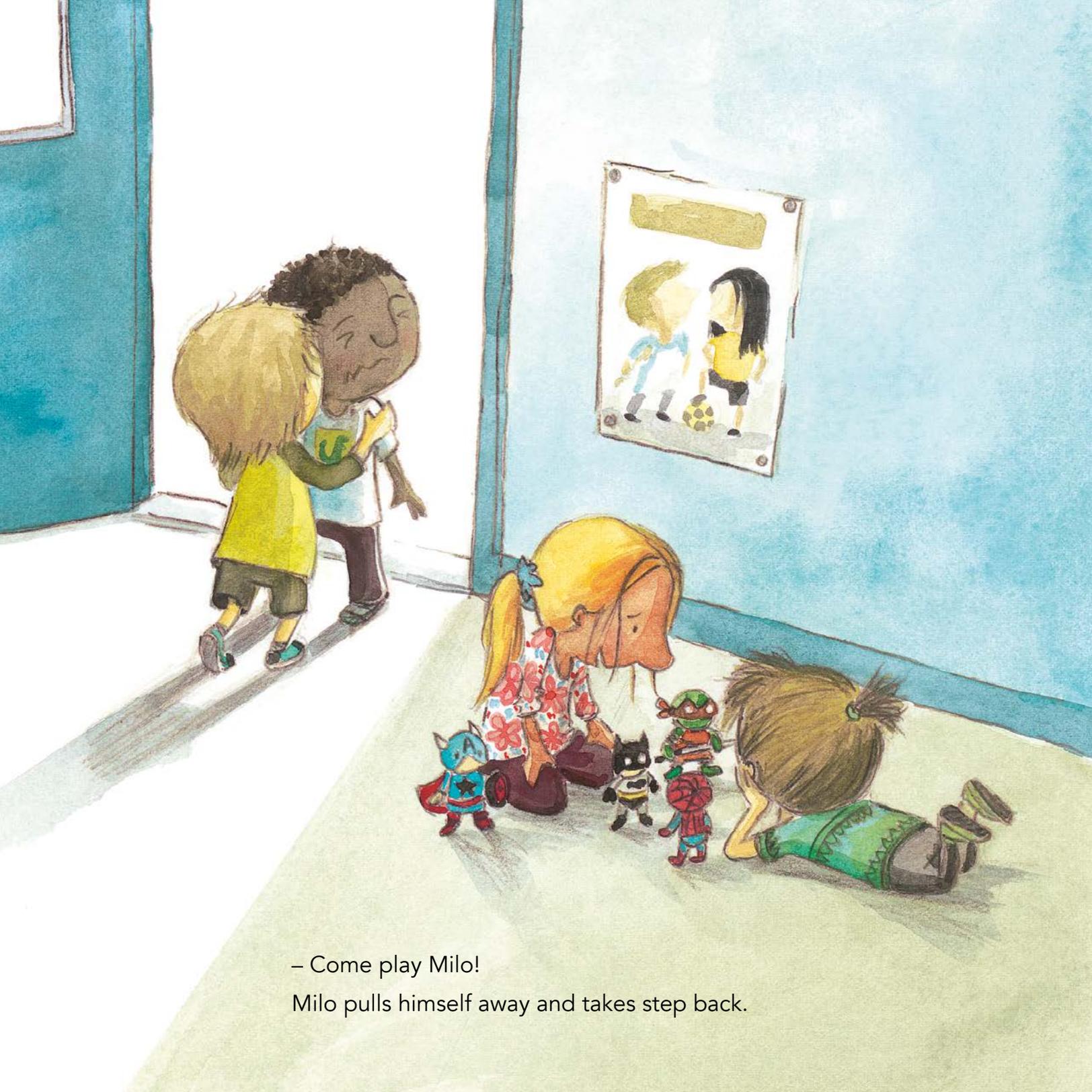


Again, Milo is slowed down by his teacher.

- Good morning Milo, good morning Justine, Georgia greets them and pats their hair.
- Hello Georgia, replies Justine singingly.
- Hmmphfff... the little boy mumbles.
- Milo, says Mommy. Georgia said *Hi!*, answer nicely.
- Hi... Milo grumbles, continuing to his friends.

Ryan sees his friend, drops his blocks and runs towards him. He wraps his arms around Milo, very happy to see him.





– Come play Milo!
Milo pulls himself away and takes step back.



Ryan asks his friend:

– Are you mad?

– No!

– You don't like hugs? Ryan exclaims.

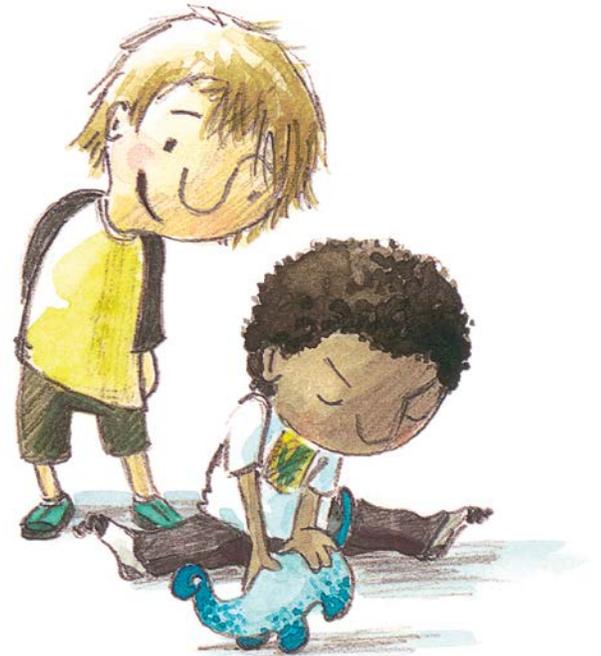
– No! Umm... yes, Milo adds.





– Ah... Ryan replies, a bit confused.
You don't want to play?

– Yes, I want to play. Let's go!







The afternoon goes by quickly and all the little friends are ready for nap time. Milo is just about to fall asleep when he feels his mat moving.

- Cassandra! Move over!
- I want to nap with you.
- No! Move your mat away!
- You can borrow my teddy, Cassandra offers, moving closer.
- No! cries Milo as he gets up.



– What’s wrong, Milo? Georgia asks.

– I don’t want to be cuddled for nap time. I just want my own mat and my own teddy, that’s all!

– That’s OK, dear. I will ask Cassandra to go back to her spot.



In the afternoon, Georgia takes out the paints and paint brushes and everyone has fun. Milo has a little spill though. Milo and Marvin are covered in paint!

While Milo changes his clothes, he hears some noise behind him...

– Hey, Fanny! Go away! Milo exclaims.

Georgia runs to see what's wrong.

– What is it, Milo?

– Fanny is looking under the door while I change, Milo hollers, getting more and more angry.







– Did you have a good day, kids?
Daddy asks when he comes to
pick them up.

– Yes, chirps Justine.

– How about you, Milo?

– No. I didn't have a good day,
he grumbles.

– What happened? asks Daddy.

– Everyone wanted to...



But before Milo can continue, he is interrupted by Ms. Bailey, their neighbour, who plants a big kiss on his forehead and tells him how much he's grown.

– Stop it! yells Milo, pushing Ms. Bailey away. And he runs away and goes back home.

Daddy sits next to Milo on the bed. He listens to Milo tell him about his bad day.

– You know, my boy, you have the right to set your boundaries with people.

– Everyone wants to hug me or kiss me, Milo groans. And Fanny watched me changing at daycare.

– If someone doesn't respect your space or your boundaries, you can talk about it to Mommy or me or a trusted adult.

– What does "trusted" mean?

– A trusted adult is someone you feel good with. It's someone you like to see, who makes you smile and who can help you when you have a problem. It's also someone who respects your boundaries.





It's already bath time. Milo loves playing in the bath for a long time with Justine and a ton of toys. Suddenly the dinosaur touches Milo's penis. Milo is startled, his eyes pop open and he says:

- Dino! Don't touch my private parts. That's my space!
- Bravo, Milo! Daddy says. That's just what you need to do. You have to set your boundaries.

– Daddy?

– Yes, love?

– For hugs and kisses, can I say no even to people I love?
Milo asks.

– Of course! Everyone should respect your boundaries.

Milo smiles at Daddy and adds:

– Daddy, to dry me, you can come in my space...
and even hug me!



GUIDELINES FOR DISCUSSION

- Milo kisses his Mommy. Tell me what people you give kisses to. Tell me what people you don't give kisses to. *Differentiate the contact with people they know, acquaintances and strangers with whom boundaries are more needed.*
- Milo's friend gives him a hug when he arrives at daycare. Tell me about Milo when he gets hugged. Tell me how you feel inside when you don't want to get a hug. *Confirm the children's emotions; tell them they are allowed to express these emotions.*
- It seems Milo didn't have a good day. He has trouble telling others how he feels and that he wants space. When you don't want others to get in your space, how can you tell them?
- Milo tells his teacher how he feels. Who are the other trusted adults for Milo? Who are the trusted adults for you? *Insist that you are a trusted adult for the children at all times.*
- Milo doesn't like it when his dinosaur touches his private parts, and he is right. Tell me what your private/intimate parts are. *Girls: vulva, buttocks, breasts. Boys: penis, buttocks.*

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For further guidelines for discussions with the children
visit www.marie-vincent.org





Milo is having a bad day. Everyone he sees wants to kiss him, hug him or cuddle with him. Milo's anger gets bigger and bigger...
That's enough! But how can he tell them?

An illustrated storybook on interpersonal and intimate boundaries among children.



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