

My Way to Clear Boundaries

A clear **7-part** guide
to kind, confident
boundaries



PART 3 OF THE CONNECTED FAMILY BUNDLE

by Michèle Hogeweg

Your Way to Clear Boundaries

Welcome

Boundaries can feel clear and steady, without constant negotiation or draining energy– for both you and your child.

This eBook is for parents who feel stuck between being too soft and too strict. For those who explain themselves into exhaustion, second-guess every no, and still end the day wondering why everything turns into a negotiation. Clear boundaries make daily life more predictable for children.

**“When children know where the limit is –
they stop needing to test it constantly”**

Through this eBook, you'll learn to:

- Set clear limits without over-explaining
- Stay consistent when your child pushes back
- Support emotions while holding boundaries
- Recognise guilt, people-pleasing, and second-guessing
- Communicate boundaries clearly and confidently
- Apply boundaries in everyday situations like screen time, transitions, and conflict

This is what helps boundaries stay consistent in daily life.

Hi, I'm Michèle Hogeweg – founder of MyWay4Family

I work with parents who feel overwhelmed by family life and want it to feel more manageable. With MyWay4Family, I focus on what works – clear structure, real-life experience, and small changes that make a difference.

Part 1 – Understanding Boundaries

Understand what boundaries are, and how they create safety, structure, and clarity

Part 2 – Recognising What Gets in the Way

Notice patterns like guilt, people-pleasing, second-guessing, and inconsistency

Part 3 – Setting Your Boundaries

Define what matters in your home and what you will hold consistently

Part 4 – Handling Pushback

Stay calm and hold boundaries when your child resists, argues, or escalates

Part 5 – Holding boundaries with Empathy

Support your child's emotions while staying firm and consistent over time

Part 6 – Using Boundaries in Daily Life

Apply boundaries in everyday situations like screen time, food, conflicts with siblings, and public moments

Part 7 – Staying Steady as the Leader

Build confidence, stay consistent, and lead with clarity over time

How to use this guide

Start with Part 1 to Part 3 to build the foundation – understanding your boundaries, what gets in the way, and what you want to hold consistently in your home.

Then move to Part 4 and Part 5 to practice holding boundaries calmly when emotions and pushback show up.

Part 6 helps you deepen these skills across different situations and challenges in daily life. Part 7 focuses on protecting your own boundaries, staying steady, and continuing to lead with consistency over time.

Focus on one boundary at a time. Repetition and consistency matter more than trying to change everything at once.

Part 1 – Understanding Boundaries

What boundaries are

Boundaries define what's acceptable and what's not. They create structure, predictability, and clarity in your home. They are not punishment or domination, and they don't require ignoring your child's feelings.

Boundaries are clear expectations around behavior and leadership – guiding your child in a steady, respectful way without constantly negotiating or losing control. They show your child that an adult is leading clearly and consistently.

Why children need boundaries

It can feel like children push back against every boundary you enforce. But children don't naturally understand how much guidance and structure they still need. Without it, too much freedom quickly becomes overwhelming and often leads to more conflict at home.

What boundaries provide:

- Safety – Children know what to expect and what's expected of them
- Security – Someone capable is leading, not them
- Emotional regulation – Clear limits reduce anxiety and overwhelm
- Trust – Consistent boundaries build trust in you as the leader
- Skill-building – Learning to navigate limits prepares them for the real world

Children need to know the adults around them can stay clear and consistent.



The difference between boundaries and punishment

Many parents mistake boundaries for punishment, but they work very differently.

A boundary is:

- "We don't hit. If you hit again, you'll need to play separately."
- Clear, calm, and about safety or values
- Held consistently, not dependent on your mood
- Focused on the behavior, not shaming the child

A punishment is:

- "You hit your brother, so now you're grounded for a week and no dessert."
- Often reactive, harsh, or arbitrary
- Uses fear, shame, or harsh consequences to stop behavior
- Focused more on control than teaching

Boundaries are meant to teach, guide, and create clarity.

Why setting boundaries feels so hard

If boundaries are so important, why do so many parents struggle to set them?

Setting boundaries can feel difficult for a lot of reasons. You might feel guilty when your child is upset, or worry that saying no will damage the relationship. Sometimes it connects to your own childhood – whether things were too strict or there were hardly any boundaries at all.

Add to that the pressure to keep everyone happy, exhaustion at the end of the day, or inconsistency between parents, and it becomes much harder to stay clear and steady. Even the desire to be the “fun” parent can pull you away from the limits you want to hold.

Part 2 – Recognising What Gets in the Way

The guilt trap

Guilt is one of the biggest reasons parents struggle to hold boundaries consistently. You say no, your child cries or gets angry, and you feel terrible. So you change the boundary to reduce the discomfort in the moment.

Guilt shows up when your child's emotional reaction starts feeling like a measure of whether you handled the situation well. You feel responsible for their disappointment, or worry about becoming "that kind of parent" – strict, mean, or controlling.

A child being upset about a boundary does not automatically mean the boundary is wrong. Learning to handle disappointment is an important part of healthy development.

To manage guilt, it helps to remind yourself that your job is not to make your child happy all the time, but to keep them safe and teach them. Try not to base your parenting decisions only on your child's emotional reaction in the moment, notice when guilt is driving your choices, and pause before reacting.

The people-pleasing parent

If you're a people-pleaser, saying no to your child feels impossible. You want to keep the atmosphere positive and avoid upsetting anyone. This shows up in small, everyday moments. You say yes when you mean no, over-explain your decisions, or apologize for setting limits. You find yourself negotiating, bargaining, or giving in when your child gets upset – and slowly, the boundary disappears.

Over time, people-pleasing in parenting comes at a cost. Your child no longer knows where the limits are, and they learn to push harder because it works. You end up feeling resentful and exhausted, and your child starts relying more on pushing than listening.

Breaking the people-pleasing cycle:

- Notice when guilt is driving your decision instead of intention
- Practice saying no without over-explaining
- Remind yourself that boundaries are an essential part of parenting
- Stay consistent when your child is disappointed or frustrated
- Resist changing the boundary just to reduce tension in the moment

You can be kind and still say no. You can be loving and still hold limits.

Second-guessing yourself

Do you set a boundary, then immediately wonder if you were too harsh? Do you change your mind after setting a consequence because you feel bad? Second-guessing can be setting a limit and taking it back, questioning every decision, relying on your child's reaction to judge your decision, or switching between being very strict and giving in.

The problem is that children stop knowing what to expect.

How to stop second-guessing:

- Pause before setting a boundary to make sure it's intentional
- Set boundaries you can realistically follow through on and commit to
- Trust your intention and don't let your child's emotions lead the moment
- Reflect afterwards instead of reacting immediately
- Focus on consistency over time, not perfection in one moment

For some parents (including myself), consistency is harder under stress, overstimulation, exhaustion, or reacting impulsively. Becoming more aware of patterns, adjusting when needed, and repairing after difficult moments matters more than trying to handle everything perfectly. Consistency gets easier with practice over time.

How inconsistency affects your child

Inconsistency is when the same behavior gets a different response depending on your mood, energy level, or who's around. It might look like saying no to a snack before dinner one day and yes the next, or one parent allowing something while the other doesn't.

Sometimes you're strict when you're stressed, and more likely to give in when you're tired. For parents with ADHD, consistency can become even harder under stress, overstimulation, impulsive reactions, or shifting energy levels.

For children, this unpredictability becomes confusing. They start testing more because the limit feels unpredictable. Over time, they learn the boundary may change if they push hard enough.

How to build consistency:

- Pick your non-negotiable boundaries and stick to them
- Communicate with your partner or co-parent to align
- Follow through even when you're tired
- If you need to change a rule, explain it ahead of time
- When consistency slips, reset and try again next time

Consistency builds trust. Inconsistency often leads to more testing, conflict, and meltdowns.



Part 3 – Deciding Your Boundaries

Deciding what your boundaries are

Many parents struggle to hold boundaries because the limits are still unclear.

Questions to ask yourself:

- What behaviors are absolutely not okay in our home? (Hitting, disrespect, destroying property?)
- What matters most in how we treat each other at home?
- What routines are non-negotiable? (Bedtime, mealtimes, screen limits?)
- Which boundaries can I realistically hold consistently?

Your non-negotiables might include things like not hurting people or animals, not destroying property, using respectful language, following basic safety rules, and sticking to core routines like bedtime, meals, and hygiene.

Some parents find it helpful to write these down. In our house, we created them together, and they're hanging on the fridge and even on the bathroom door as short reminders we see throughout the day.

How to communicate boundaries

The clearer your communication, the easier it is for your child to comply.

- **Be direct** – Instead of asking, "Can you please not do that?", say, "Stop hitting your sister."
- **State things as a fact, not a question** – "It's time to put your shoes on," instead of "Do you want to put your shoes on?"
- **Use simple language**, especially with younger children, who respond better to short, concrete language like "Inside voices" instead of "Stop yelling."
- **Focus on what you want your child to do** instead of only naming the unwanted behavior – say 'Walk inside' instead of 'Don't run.'

The Power of “No” Without Explanation

You don't need to explain your boundary 10 times. Sometimes "no" is enough.

Only explain when your child genuinely doesn't understand, when you have the time and energy, when it's a new rule or expectation, or when it helps them learn.

When they're using “why” to stall or argue, when you've already explained and they keep pushing, when you're exhausted and don't have the capacity, or when the boundary is non-negotiable, more explaining won't help.

Simple responses that work:

- "No, not right now."
- "That's not an option."
- "I've already answered that."
- "We're not discussing this anymore."

You don't have to over-explain for a boundary to stay respectful.

Following through every time

Setting a boundary is not enough without follow-through. Follow-through means the boundary stays the same even when there's pushback. If you set a consequence, you enforce it. You avoid consequences you don't actually plan to enforce, and you respond as calmly and clearly as possible.

Common mistakes with follow-through include warning endlessly without acting (“I'm going to count to three... okay, five... okay, ten...”), setting consequences you can't or won't enforce, backing down when your child cries or argues, or changing the boundary in the middle of a conflict.

Follow-through teaches children that what you say will actually happen. Without it, boundaries are just suggestions. For bedtime routines, evening transitions, and sleep-related resistance, *My Way to Gentle Nights* expands on creating calmer evenings while holding consistent bedtime structure.

How to improve follow-through:

- Only set boundaries you're willing to enforce
- Give one warning, then act
- Stay calm (anger makes it about your emotions, not the boundary)
- Don't negotiate once the boundary is set
- Be prepared for pushback and don't change the boundary under pressure



Assignment - Choose One Boundary and Follow Through

Choose one non-negotiable in your home.

Write it as a clear, direct sentence focused on the behavior you expect – for example, 'We speak respectfully to each other' instead of only 'No yelling.'

Decide what you will say if your child pushes back and what you will do if the limit is ignored.

Apply this today: Say it clearly, don't negotiate, and follow through.

Part 4 – Handling Pushback

Why children push boundaries

When you set a boundary and your child immediately tests it, it's a normal part of child development. Children test boundaries to see whether the limit will stay the same, to assert independence, and to see whether the boundary will actually hold. Testing also tends to increase when children are tired, hungry, overstimulated, or when pushing boundaries has worked before.

Testing is one way children learn how consistent a boundary really is. Your response teaches them whether the limit will change under pressure.

Staying calm when they push

The biggest challenge in holding boundaries is staying calm when your child is escalating. When they're screaming, crying, or arguing, it's easy to become reactive yourself.

How to stay grounded:

1. Slow your breathing before responding
2. Lower your voice instead of matching their intensity
3. Relax tension in your body – unclench your jaw, drop your shoulders, soften your face
4. Remind yourself why the boundary matters before reacting to the moment
5. Acknowledge your child's emotions without letting them decide the boundary
6. Use a short phrase to help yourself stay grounded in the moment – "The boundary stays the same."

A steady response makes it easier for the situation to de-escalate.

When they cry or get angry

When your child cries because you said no, it's a sign they're disappointed. You can acknowledge how they feel by letting them know you see their disappointment, while still holding the limit. Stay present if they want you nearby, without trying to fix or stop the emotion.

If you give in to stop the crying, they learn that crying changes the boundary. When the limit stays consistent, they learn that disappointment can exist without everything changing around them.

Your child learns that their disappointment does not change the limit.

When they argue or negotiate

Some children are tiny defense attorneys when they want something. They'll argue every point, ask for exceptions, and try to wear you down with logic.

How to handle arguing:

1. Don't engage in endless debate – State the boundary once or twice, then stop explaining
2. Use simple, repetitive responses – "I hear you, and the answer is still no." "I'm not discussing this anymore." "Asked and answered."
3. Walk away if needed – If they keep arguing, you can leave the room. You're not obligated to keep engaging
4. Don't get pulled into endless justification– They might bring up fairness, what other kids get to do, or past inconsistencies. Don't defend yourself
5. Stay calm and boring – The more emotionally neutral you are, the less fuel you give the argument

Endless arguing turns boundaries into negotiations. Brief acknowledgment and consistent follow-through keep the boundary clear.

When Nothing Seems to Work

Some days, even with clarity and consistency, your child will push every boundary. This happens more during stress, transitions, exhaustion, illness, or periods of development leaps. In those moments, it helps to check whether the boundaries are realistic, consistent, and possible to follow through on.

Pay attention to patterns and triggers, and start with the basics first: sleep, food, rest, connection, and overstimulation. On difficult days, focus on the most important boundaries instead of trying to correct everything at once. What matters most is consistency across time, not handling every moment perfectly.

Sometimes boundaries keep falling apart not because you chose the wrong words, but because everyone is exhausted and overloaded. If boundaries constantly fail, the foundation underneath them may need more support first. My Way to a Calm Home focuses on reducing stress, overload, and emotional chaos at home so boundaries become easier to hold consistently.



Part 5 – Holding Boundaries with Empathy

You can be kind and firm

Some parents worry that being firm will damage connection, or that kindness means giving in.

Kind and firm looks like:

- "I know you want to keep playing. It's time to clean up."
- "You're really angry right now. But hitting is not okay."
- "I hear you. And the answer is still no."

What doesn't work:

- Acknowledging feelings while giving in: 'I know you're upset, so okay, just this once.'
- Holding the boundary harshly: 'I said no. Stop crying. Go to your room.'

The emotion doesn't need to disappear for the boundary to stay the same.

The power of "Yes, and..."

"Yes, and..." is a strategy for acknowledging emotions or requests without removing the boundary.

When children constantly hear "No," many start arguing, negotiating, or pushing harder. "Yes, and..." helps you acknowledge the request while still keeping the boundary clear. It communicates: "I hear you, and the limit still exists."

Instead of defaulting to "No," try "Yes, and..."

Examples:

- "Can I have a snack?" – "Yes, after we finish lunch."
- "Can we go to the park?" – "Yes, we can go on Saturday."
- "Can I watch TV?" – "Yes, you can choose one show after your bath."

You're acknowledging the request while giving clarity about when or how it can happen. This reduces conflict, teaches patience, and gives children more predictability. Children feel heard while the boundary stays the same.

When you need to apologize

You will mess up sometimes. You'll be too harsh, react too quickly, or set a boundary in anger that you later regret. Apologize when you yelled or lost your temper, spoke disrespectfully, reacted unfairly in the moment, or failed to follow through consistently.

How to apologize:

- "I yelled at you earlier and that wasn't okay. I'm sorry."
- "I was too harsh. I didn't handle that well."
- "I made a mistake. Let me try again."

Don't apologize for setting a boundary your child didn't like, for holding a consequence you warned them about, or for simply saying no. A boundary can still be the right decision, even if the moment wasn't handled well.

Teaching through boundaries

Boundaries help children learn that other people have needs, limits, and expectations too. They teach patience, frustration tolerance, respect, and self-control. They create safety and build trust through consistency which creates a calmer atmosphere at home.

Over time, children learn what to expect, which reduces confusion, testing, and power struggles.

The boundaries they learn by watching you

How your child will handle relationships later in life – with friends, partners, teachers, colleagues, and eventually their own children – is mostly defined by the example you give.

Your child is learning to:

- Say no clearly and respectfully
- Hold limits even when someone pushes back
- Respect other people's boundaries
- Communicate needs more directly
- Handle disappointment without everything changing around them
- Recognize when something feels wrong or uncomfortable
- Stay steadier under emotional pressure

Children who grow up without clear boundaries may struggle with people-pleasing, difficulty saying no, or unhealthy relationship patterns later on. They may also struggle with conflict, trust, or emotional regulation.

Children who grow up with clear, consistent, kind boundaries learn to say no to peer pressure, recognize when they're being treated poorly, and communicate their needs more directly and respectfully.

Later in life, they are better able to identify unhealthy or controlling behavior and understand that healthy relationships include personal limits.

In the workplace, they can set professional limits, speak up for themselves, and recognize when demands are unreasonable.

What you're teaching

Every time you hold a boundary with kindness and firmness, you're sending powerful messages:

- You are worthy of respect – You show your child they deserve to be treated with respect, and so do others
- Your feelings matter, but they don't decide everything – You teach them that emotions don't change every limit
- I am reliable and steady – Your child learns they can trust you to stay calm and consistent
- Boundaries don't always need long explanations – You show that limits can stay clear without over-explaining
- It's safe to disappoint others sometimes – You teach them that healthy relationships can handle a "no"
- I can protect myself without becoming harsh – You model that boundaries and kindness can exist together

These are life skills that stay with them long-term.

The long-term gift

In the hard moments when you're holding a boundary and your child is crying or angry, it doesn't feel like a gift. It feels exhausting and thankless.

But years from now, when your teenager says no to something unsafe because they trust their own judgement, when your adult child leaves a relationship that doesn't respect them, when they set healthy boundaries in their career – you'll see the long-term value of the boundaries you held.



You're raising a person who:

- Recognizes when they're being treated poorly
- Can speak up and stand up for themselves
- Respects other people and their boundaries
- Can handle disappointment more steadily
- Trusts their own judgment
- Protects their time, energy, and well-being
- Builds healthy, respectful relationships

That's what consistent boundaries help build over time.



Assignment – Stay Present Under Emotion

Choose one moment where your child reacts emotionally to a boundary.

Your only focus: Stay steady while your child moves through the emotion.

Don't fix it. Keep the boundary the same. Avoid long explanations.

Apply this today: Stay nearby and keep the boundary steady until the moment passes.

→ What happened?

Part 6 – Using Boundaries in Daily Life

Screen time

Screen time is one of the most common boundary battles. Devices are addictive by design, so children (and adults) struggle to self-regulate.

How to set screen time boundaries:

1. Decide on your limits ahead of time – How much? When? What content?
2. Use timers – Visual timers help children see time passing
3. Give warnings – "5 minutes left"
4. Don't negotiate in the moment – If you said 30 minutes, it's 30 minutes
5. Follow through calmly – When time is up, the device goes away
6. Expect pushback and hold steady – They'll beg, cry, or argue – Stay consistent

What helps is creating clear structure around screens – no screens before school or bedtime, charging devices outside bedrooms overnight, keeping family meals screen-free, and making sure alternative activities are easily available. Screens are difficult to manage, which makes consistency especially important.

Food

Food can be emotionally charged for parents. You want your child to eat well, but you also want to avoid constant battles or creating unhealthy patterns around food.

Healthy food boundaries start with a clear division of roles. You decide what is offered, when meals and snacks happen, and where eating takes place. Your child decides whether to eat and how much. This reduces pressure around mealtimes for both sides.

Instead of cooking separate meals, you offer one family meal. Your child doesn't have to eat it, but you're not making alternatives.

Snacks are offered at predictable times, rather than throughout the day, so your child can learn to recognize hunger and fullness naturally.

There's no pressure to eat more or finish their plate. You respect their internal cues. Every family approaches food differently, and parents will have their own values and rules around meals, snacks, and dessert.

In our home, I explain that our bodies need healthy food, vitamins, and nutrients to grow and function well. Snacks or dessert can absolutely be part of a balanced lifestyle, but they are extras, and extras come after eating a good meal that nurtures your body. If you're not eating dinner, there are no extras either.

Food boundaries work best when they stay consistent and don't turn into ongoing negotiations. Children are often better able to listen to their hunger and fullness cues when there's less pressure around food. Your role is to provide structure.

Sibling conflicts

Siblings will fight. Your job isn't to eliminate conflict but to set boundaries around how they treat each other.

Non-negotiable sibling boundaries include no hitting, kicking, biting, or hurting, no name-calling or cruel language, and no destroying each other's belongings.

Conflict is normal. Hurting each other isn't acceptable.

How to handle sibling conflict:

1. Step in only when needed – Minor squabbles can be worked out independently.
2. Stop the harmful behavior – "We don't hit. I'm separating you until you're both calm."
3. Don't take sides – "I'm not refereeing. Work it out or you'll both take a break."
4. Hold both accountable – Even if one "started it," both participated.
5. Teach repair – "You hurt your brother. What can you do to make it right?"

Public meltdowns

Boundaries in public feel harder because there's an audience. You worry what others think, and your child might sense your discomfort and push harder.

How to hold boundaries in public:

1. Stay calm – Public moments are stressful, but they don't change the boundary
2. Hold the boundary – Just as you would at home. Don't negotiate because people are watching
3. Remove them if needed – Leave the store, restaurant, or event if necessary
4. Ignore judgment from others – Most people either understand or don't matter
5. Follow through – If you said "we're leaving if you hit," then leave

Your child is learning: "The rules are the same everywhere. My parent is consistent."

When other adults undermine your boundaries

Family members who don't respect your boundaries can create confusion for your child and frustration for you.

Handling boundary violations from others starts with clear communication. Don't assume they know your expectations – state them directly. For example: "We don't do sugar before bed. Please respect that."

If boundaries continue to be ignored, it's important to hold the line. This might mean limiting unsupervised time if needed.

Address disagreements privately, rather than arguing in front of your child, so you maintain clarity and stability for them. At the same time, accept that you can't control other people. You can only control your own response and how much access they have to your child.

If someone isn't willing to respect your boundaries, they don't get to undermine your parenting. This is hard, but necessary.

Step 7 – Staying Steady as the Leader

Trusting yourself as the leader

The biggest shift in setting boundaries is trusting yourself. Trusting your decisions without constantly second-guessing yourself or looking for outside approval. You know your child better than outside opinions or social media advice.

How to build trust in yourself:

1. Notice when you second-guess – What triggers it? What are you afraid of?
2. Reflect on your values – Decide what kind of parent you want to be
3. Get comfortable with disapproval – Your child, your partner, and your parents won't always agree
4. Celebrate small wins – Celebrate small wins – You stayed consistent today? Acknowledge that
5. Trust yourself to take the lead – Your child benefits from clear direction and steadiness.

As you become more consistent and confident, your child learns they can rely on you.

Letting go of perfection

You'll be too harsh sometimes, too soft others. You'll make mistakes and handle some moments differently than you intended. That's part of the process.

Boundaries don't have to be perfect. They just have to be consistent enough.

You're going to learn as you go and adjust when something isn't working. Your child benefits more from feeling loved and secure with you than from you getting everything right.

When your partner isn't on board

If your partner won't set boundaries, undermines yours, or has a completely different approach, it's incredibly frustrating.

What you can do:

1. Control what you can – You can still be consistent in your responses
2. Have a calm conversation – Not during a conflict. Talk about values, goals, and what you both want for your child
3. Seek couples support if needed – A therapist or parenting coach can help
4. Protect your boundaries – Even if your partner is permissive, you can hold your limits
5. Accept what you can't change – If they refuse to align, you can't force them

Children can adapt to different parenting styles as long as each parent is internally consistent.

Boundaries as self-care

Setting boundaries with your children is also setting boundaries for yourself. When you set boundaries, you're making clear that you deserve respect, and that your time and energy matter. Boundaries protect you from burnout, resentment, feeling taken advantage of, and losing yourself in parenting.

Saying no is part of sustainable parenting. Protect your rest, take time for yourself, and don't give in to every request. Boundaries help parenting stay manageable long-term.



Moving Forward

Your boundaries, your way

What works in your home depends on the boundaries that matter most to your family – and what feels realistic to maintain consistently.

Start small. Focus on one situation that creates the most stress, conflict, or exhaustion in your daily life. Practice staying steady there first.

Questions to think about:

- Which boundary matters most in your home right now?
- Where do you find it hardest to stay consistent?
- What would make it easier to hold that boundary this week?

Clear boundaries become easier to maintain when daily life feels calmer and more predictable.

When your home feels intense or reactive, My Way to a Calm Home helps you build the foundation – emotional safety, calmer routines, and more stability at home.

When boundaries are hardest at bedtime, My Way to Gentle Nights helps create better rest and more predictable evenings.

Together, they support the same connected approach within the Connected Family Bundle – helping family life feel calmer, clearer, and easier to manage over time.



Continue the journey & connect

The Connected Family Bundle

Calm Home - A calmer and more connected home

Gentle Nights - Peaceful evenings and smoother sleep

Clear Boundaries - Clear limits without constant battles

Stay Connected

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Created with care by Michèle Hogeweg

MyWay4Family

Helping families create calmer and more connected daily lives

Colophon

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