

Family Boundaries Checklist

Time Management

- ☐ Define clear office hours for pastoral work.
- ☐ Establish set family-only times that are protected from church interruptions.
- ☐ Set boundaries for phone calls and messages during personal time.
- ☐ Plan regular vacations without church responsibilities.

Children's Boundaries

- ☐ Protect children from unrealistic expectations.
- ☐ Allow children to choose their level of church involvement.
- ☐ Maintain children's privacy.
- ☐ Support children's individual identities beyond "pastor's kids."
- ☐ Establish boundaries for church members' interactions with children.

Emotional

- ☐ Create safe spaces for family members to express feelings.
- ☐ Establish self-care boundaries for all family members.
- ☐ Establish guidelines for sharing church problems at home.
- ☐ Set boundaries for maintaining family privacy.

Home & Space

- ☐ Set guidelines for unexpected visits.
- ☐ Determine if/when church members can visit the family home.
- ☐ Avoid using the family home for ministerial meetings or counseling.
- ☐ Establish home office boundaries, if applicable.

Communication

- ☐ Set limits for after-hours communication.
- ☐ Establish social media boundaries.
- ☐ Create guidelines for sharing personal/family information.
- ☐ Define appropriate channels for church communication.
- ☐ Establish privacy guidelines for family photos/information.

Professional

- ☐ Establish guidelines for dual relationships.
- ☐ Set boundaries for ministry partnerships.
- ☐ Set limits on church event attendance.
- ☐ Define roles for family members' church involvement.