



# Boundaries for a Healthy Marriage Bed

*(A simple guide for busy parents who want to stay connected)*

## 1 Define the Space

Your bed is for rest, connection, and intimacy. Setting that boundary communicates to your children that marriage is important and worth protecting.

## 2 Exceptions with Grace

Yes, babies and special circumstances happen! But those are the exceptions — not the rule. This is mommy and daddy's bed."

## 3 Open Door, Not Open Bed

Welcome your children in the middle of *the* night for comfort, but guide them back to their own space. You can show love without losing your sanctuary.

## 4 Protect Intimacy

Guard your evenings — no phones, no work, no scrolling. Prioritize time to connect physically and emotionally. Intimacy is glue for a strong marriage.



## 5 Consistency Wins

Children thrive on knowing what to expect. The more consistent you are with this boundary, the more natural and respected it becomes.