## Alternatives to "No" and Negative Parenting Language

<table>
<thead>
<tr>
<th>Positive Statement</th>
<th>Alternative Statement</th>
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<tbody>
<tr>
<td>&quot;Stop hitting&quot;</td>
<td>&quot;Please keep your hands to yourself&quot;</td>
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<tr>
<td>&quot;Don't say that&quot;</td>
<td>&quot;Please choose another word&quot;</td>
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<tr>
<td>&quot;Quit whining &amp; crying&quot;</td>
<td>&quot;Please use your words&quot;</td>
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<tr>
<td>&quot;I can't hear you&quot;</td>
<td>&quot;Please speak louder/more clearly&quot;</td>
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<tr>
<td>&quot;I won't buy you that&quot;</td>
<td>&quot;Instead of that, what if we ______&quot;</td>
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<tr>
<td>&quot;Don't get upset&quot;</td>
<td>&quot;It's ok to feel that way, but ____&quot;</td>
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<tr>
<td>&quot;That's not for you&quot;</td>
<td>&quot;That's _____’s, can I offer you _____?&quot;</td>
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<tr>
<td>&quot;We can't play&quot;/&quot;Have to stop playing&quot;</td>
<td>&quot;Maybe we can play later after _____&quot;/&quot;We have to go&quot;</td>
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</table>
How to Co-Regulate

- Provide Warm, Responsive Relationship
- Structure the Environment
- Teach/Coach Self-Regulation Skills
SPEECH FILTERS
THINK BEFORE SPEAKING

FIRST THING THAT COMES TO MIND.

USE JUDGMENT
Do my words need filtering?

INTENTION
Am I saying this to hurt the other person?

CHOICE
Is this something that I need to say?

COMPASSION
Can I understand how the other person feels?

EMPATHY
Can I see the other person’s point of view?

DID I LISTEN PROPERLY?
Did I give the other person a chance to explain or apologize?

WILL THIS EMBARRASS THE PERSON?
Is there a better way/time/place to say this?

ARE MY WORDS RESPECTFUL?
How would I feel if someone said this to me?