

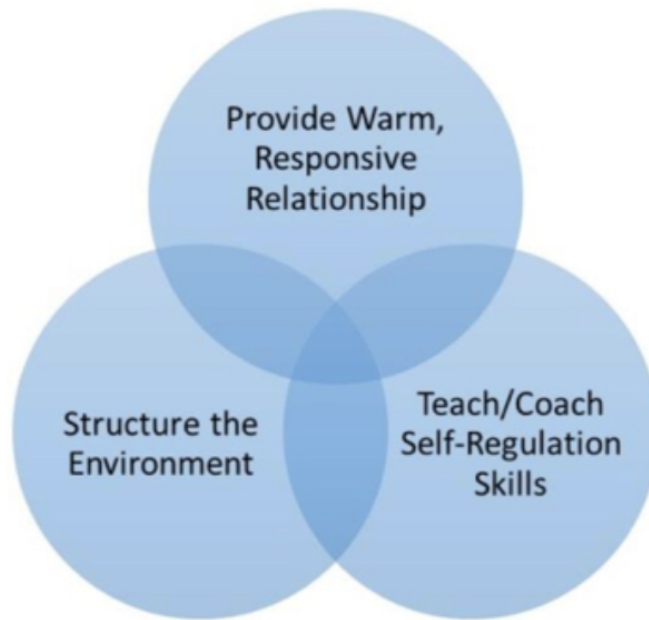
Alternatives to "No"

AND NEGATIVE PARENTING LANGUAGE



"Stop hitting"	➔	"Please keep your hands to yourself"
"Don't say that"	➔	"Please choose another word"
"Quit whining & crying"	➔	"Please use your words"
"I can't hear you"	➔	"Please speak louder/ more clearly"
"I won't buy you that"	➔	"Instead of that, what if we _____"
"Don't get upset"	➔	"It's ok to feel that way, but _____"
"That's not for you"	➔	"That's _____'s, can I offer you _____?"
"We can't play"/"Have to stop playing"	➔	"Maybe we can play later after _____"/"We have to go"

How to Co-Regulate



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?

WORD
WORD
WORD
WORD

