

# CHANGE THE PHRASE

CHANGING THE WAY WE SAY THINGS MAKES A HUGE DIFFERENCE IN THEIR RESPONSE

## "DON'T RUN IN THE HOUSE"

Instead, you could say

- Can you walk, please
- Let's save running for outside
- You can play legos if you wanted to stay in this room



## "I DON'T HAVE TIME"

Instead, you could say

- We can do that after dinner
- Let's write that down so we don't forget we want to do that together



## "STOP FIGHTING"

Instead, you could say

- You can play nice, or find different activities apart
- If you have a problem, you could ask them to stop with a nice voice



## "YOU NEED TO CALM DOWN"

Instead, you could say

- Is there something you need?
- Sit on the couch, and when you are calm, we can talk about it

## "BE QUIET"

Instead, you could say

- This is a quiet place, you can be loud if you go (outside/ in your room, etc)

