

SWAP NEGATIVE REACTIONS FOR POSITIVE RESPONSES





INSTEAD OF THIS ...



SAY THIS ...

"What were you thinking? Are you even paying attention?"

"Let me show you how to do it. We can work on it together."

"Shut up! You're making a scene and embarrassing me."

"It's getting loud here. Let's move to a quieter place to talk about this."

"Well, no reward for you this time. You need to do better."

"Mistakes happen, but we can learn from them. Let's come up with a plan to make it better next time."

"Everyone makes mistakes. Stop making such a big deal out of it."

"It seems like something is bothering you. Can you tell me what's on your mind?"

"How many times do I have to tell you the same thing? Can't you just listen for once?"

"Let's work on this together. I'll guide you through it so it's easier next time."

"If you don't stop right now, forget about playtime for the rest of the week. You need to learn to behave properly."

"It's okay if things are getting tough. Let's take a break and revisit this when we're both feeling better."

