

It's not just what you say... It's how you say it!



What parent hasn't had a mad-rush morning or a frustrating day and uttered some of these expressions without thinking of how it makes their child feel? You can make them the exception rather than the rule—it just takes a deep breath before you speak. The goal is to create childhood memories of love and laughter instead of yelling and rushing.



Instead of...

“Get out of the way!
I'm trying to make dinner!”

“Take your feet off the couch!”

“STOP WHINING!”

“I SAID NO!”

“We're late. Hurry up!”

“STOP HITTING!”

“Look at the mess you made!”

Say...

“It would be a big help if you would set the table while I'm finishing up at the stove.”

“Please take your shoes off before you put your feet on the couch.”

“I'll be happy to listen to you when you use a normal voice.”

“I understand that you don't agree, but my decision stands. I won't change my mind, so please stop asking.”

“We need to leave in 10 minutes. Let's help each other get ready to go.”

“We don't ever hit people. Tommy is crying because you hit him. Hitting hurts. If you can't play with Tommy nicely, you will have to play by yourself.”

“The milk spilled. Get the paper towels and I'll help you clean it up.”