



Say This, Not That

...when you want to stay calm as a parent

Instead of...

"I know my child can do this. I've seen him do it before. What is his PROBLEM?"

"Oh my child had BETTER LISTEN TO ME..."

"Everyone else's children behave so well. Why can they do this and I can't?"

Say (to yourself) ...

"Something must be going on for him if he can't do this right now. He's struggling."

"If I want my children to listen to me, I have to listen to them too."

"Even IF people have an easier time with parenting, they are struggling in other areas. No one's life is easy all the time. "



What you tell yourself about a situation determines how you feel about the situation. Your thoughts can lead to Yuck and behavior that makes the situation worse.