

Say This... Not That

To Identify and Address the CAUSE Of Behavior



Instead of Saying...

I have to make dinner! Can you please give me 10 minutes to finish?!

Say This To Yourself....

If my son keeps trying to get my attention, **he's probably seeking connection or stimulation.** I can meet his needs while still getting dinner finished.

Say This To Your Child...

I have to finish dinner now. Why don't you take the blocks over there and **build me something** while you're waiting? When I'm done, I want to see what you've made!
(This is still applicable to older kids; you'd just ask them to do something that is more engaging for them that you'll look at later.)

Your cookie is the same size as your sister's. Stop complaining!

My daughter is always comparing what she has with what her sister has. But **when I assure her that everything is equal, it doesn't seem to satisfy her.** Maybe if I want her to stop comparing, **I need to stop comparing too** and focus on what SHE needs.

I know that cookie looks really good. Are you telling me that you'd like a little more? **I'd love to hear what you want regardless of what your sister has.**

Why can't you just get out of the house on time? Why do I have to stay on top of you the whole time?

If the only way to get my son out of the house is to stay on top of him the whole time, **he may genuinely need help staying on task.**

It can be hard to stay on track when your mind wanders to more interesting things than getting ready! Let's talk about **ideas that will help you stay focused without me having to nag** you since I know that annoys you.