

# Say This... Not That

## To Support a Child With Big Emotions



### Instead of Saying...

You KNEW you'd have to do your homework. Why are you so upset?

Why do you have to complain more than anyone else in the family?!

You can't get that angry when things don't go your way!

### Say This To Yourself....

Even though he may know that he has to do his homework, that doesn't mean he's going to be happy about it.

We may not complain when we're uncomfortable, but that just means we deal with things in different ways. Pointing that out won't change things for the better.

Telling him that he can't get angry won't TEACH him how to NOT get angry. I need to help him learn coping skills, not criticize him for not having them now.

### Say This To Your Child...

You really don't want to do your homework right now, do you?

This is really upsetting you... It's OK to feel frustrated. Do you want to tell me about it?

I can tell you're really annoyed at how things went. It is hard when you don't get your way... Going forward, we'll talk about other ways to deal with disappointing situations.