

Positive Phrases

Helping you parent with empathy

Sad/Upset/Crying/Worry

Acknowledge
and Identify

You look upset.
It feels unfair ...
That was disappointing,
You were hurt because
I can see you are ...
It's OK to feel ...

Positive Phrases

Can I hug you?
Next time, ...
Tears are an important way for our bodies to
release our emotional energy.
I'll be here when you're ready to talk.
Tell me about it.

Anger/Jealousy/Fear/Anxiety

Acknowledge
and Identify

You're angry/cross/mad about ...
It's OK to feel ...
It can be hard to stay calm.
You want my attention.
Looks like you need some space.
That was upsetting.
That feels big.
That feels scary.

Positive Phrases

I can help you.
Let's take some deep breaths.
I know you did your best to ...
Gentle hands and feet.
Quiet voice.
Wait until I can really listen to you.
We can disagree.
You can say no in a respectful voice.
Let's find a helpful thought.

YOU GOT THIS!

Sharing

Acknowledge
and Identify

Positive Phrases

I can see you want that ...
It's hard to hand over your favourite ...
You love playing with ...

You're kind.
Be gentle.
Tell me what you want.
How does feel?
Take turns. Remember your friend
would like a turn too ...
Join in when you feel calm.

YOU GOT THIS!

Lack of confidence

Acknowledge
and Identify

Positive Phrases

It's difficult to...
It feels embarrassing when ...
It feels uncomfortable when ...

Your thoughts are valuable.
You can do hard things.
What would you like things to look like?
You don't have to do the same as others.
I believe in you.
Not everyone understands you, that's OK.
What's your plan?
We can grow confidence each time we
have a go.

Frustration

Acknowledge
and Identify

Positive Phrases

You're frustrated because you wanted ...
It's OK, mistakes are something we all
make as we're learning.
It can be hard to stay patient.

Wait until I can really listen to you.
You put a lot of effort in to ...
You have good/interesting ideas.
Use kind words.
Trying again can help us learn to persevere.
You improve every time you try.
Practice makes us better.
What's your plan?