

Positive Phrases

Helping you parent with understanding

Child's Emotion/Behaviour	Acknowledge and Identify	Positive Phrases
Crying	<p>You look upset. It feels unfair ... That was disappointing, You were hurt because I can see you are ... It's OK to feel ...</p>	<p>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.</p>
Anger/Tantrum	<p>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.</p>	<p>I can help you. Let's take some deep breaths (you start and let them join in as their anger subsides) 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.</p>
Sharing	<p>I can see you want that ... It's hard to hand over your favourite ... You love playing with ...</p>	<p>Join in when you're feeling calm. You're a good friend. You're kind. Be gentle. Tell me what you want. How does ... feel? Take turns. Remember your friend would like a turn to ...</p>
Lack of confidence	<p>It's difficult to... It's embarrassing when ... It feels uncomfortable when ...</p>	<p>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.</p>
Frustration	<p>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.</p>	<p>What have you learned from ...? 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?</p>