

# Positive Phrases

Helping you parent with understanding

| Child's Emotion/Behaviour | Acknowledge and Identify  | Positive Phrases  |
|---------------------------|---|---|
| Crying                    | <p>You look upset.<br/>It feels unfair ...<br/>That was disappointing,<br/>You were hurt because<br/>I can see you are ...<br/>It's OK to feel ...</p>                                  | <p>Can I hug you?<br/>Next time, ...<br/>Tears are an important way for our bodies to release our emotional energy.<br/>I'll be here when you're ready to talk.<br/>Tell me about it.</p>   |
| Anger/Tantrum             | <p>You're angry/cross/mad about ...<br/>It's OK to feel ...<br/>It can be hard to stay calm.<br/>You want my attention.<br/>Looks like you need some space.<br/>That was upsetting.</p> | <p>I can help you.<br/>Let's take some deep breaths (you start and let them join in as their anger subsides)<br/>I know you did your best to ...<br/>Gentle hands and feet.<br/>Quiet voice.<br/>Wait until I can really listen to you.<br/>We can disagree.<br/>You can say no in a respectful voice.</p>                |
| Sharing                   | <p>I can see you want that ...<br/>It's hard to hand over your favourite ...<br/>You love playing with ...</p>  | <p>Join in when you're feeling calm.<br/>You're a good friend.<br/>You're kind.<br/>Be gentle.<br/>Tell me what you want.<br/>How does ... feel?<br/>Take turns. Remember your friend would like a turn to ...</p>  |
| Lack of confidence        | <p>It's difficult to...<br/>It's embarrassing when ...<br/>It feels uncomfortable when ...</p>  | <p>Your thoughts are valuable.<br/>You can do hard things.<br/>What would you like things to look like?<br/>You don't have to do the same as others.<br/>I believe in you.<br/>Not everyone understands you, that's OK.<br/>What's your plan?<br/>We can grow confidence each time we have a go.</p>                      |
| Frustration               | <p>You're frustrated because you wanted ...<br/>It's OK, mistakes are something we all make as we're learning.<br/>It can be hard to stay patient.</p>                                  | <p>What have you learned from ...?<br/>Wait until I can really listen to you.<br/>You put a lot of effort in to ...<br/>You have good/interesting ideas.<br/>Use kind words.<br/>Trying again can help us learn to persevere.<br/>You improve every time you try.<br/>Practice makes us better.<br/>What's your plan?</p> |