

## HAMDEN SCHOOL DISTRICT WEEKLY TIP SHEET

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### STEP 2: POSITIVE ALTERNATIVES

Over time you are going to pick up on positive phrases to use for certain situations, and in a lot of cases what you say is just going to be custom to whatever your child is doing. I like reading different positive phrases because it helps to **embed the positive language into my mind**. There isn't just one solid phrase to replace, "No." When you use positive language with your child it is important to treat them with respect and you will be addressing the specific situation.

## 5 Steps to Positive Language

### STEP 1: ID NEGATIVE LANGUAGE

You need to start to **be aware of any negative language you are using** so you can start to correct it. Is there a certain behavior you feel like your child does a lot that constantly makes you react in a negative way? Do they perhaps like to screech at the top of their lungs and you constantly say, "STOP!"

Think about what triggers or behaviors might be causing you to use negative language with your children. Be prepared that these specific scenarios might be a struggle for you, but if you are aware of them it will help you to overcome them.

## Positive Phrases

- Quiet voice
- Slow down
- Gentle touch
- Listening ears



Learn with Dr. Bushnell

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# Positive Language



## STEP 3: SET BOUNDARIES

An important part of setting appropriate boundaries is knowing what is age appropriate for your child. If you have a young toddler who is constantly pulling books off the shelf you might be better off to just move the books than to constantly be trying to correct them.

**Set appropriate boundaries so your child doesn't need as much correction.** Help your child to understand what is and is not appropriate. You may need to spend some special time together talking about how to overcome a particular challenge. Listen to their ideas and work together for a solution. When they are included in the boundary setting it will be much easier for them to stick to them.

“You have 5 minutes to play and then we eat

## STEP 4: EVOLVE LANGUAGE

**Children hear a lot of commands all day**, but it's not how adults would talk to each other. Adults would reason with one another or make a request rather than a command. An adult might say, “Can you please turn your music down, I find it hard to concentrate,” and the person playing the music would realize that their music is bothering them and turn it down.

With children we can also **reason with them**. This is a great tool because it will teach the child to be reasonable. Of course, when you make a request instead of a command you have to be prepared that the answer could be, “No,” and so you have to be willing to live with that.

“The noise hurts my ears please make it softer

## STEP 5: RELAX

When you are able to relax you won't worry so much about the yogurt handprint on your jeans or the fact that it took your child 3 times as long to dress himself than if you had done it for him. Be proud of them for their independence and remember that they are still growing up. If you can relax it will be so much easier to use positive language and **you will become a much happier parent and it will improve your relationship with your child.**



*"Never has it been more true than now that it takes a village . . . we are in this together for the well-being of the children. I wish you good health and happiness in the weeks ahead"*

Website:

[www.hamden.org](http://www.hamden.org)

