



Quick Parenting Phrases

Hands are for helping.

Be sweet, loving, and kind.

Name your feeling (I feel _____).

That's so hard!
Thank you for telling me about it.

Use a kind voice to ask me.



Quick Parenting Phrases

Your feelings are your feelings!

Try that another way.

Show me your pretty/handsome face!

I wonder why you responded
that way to your sister/brother?

Help me understand...



Quick Parenting Phrases

Focus and finish!

We can figure it out together.

Smell the flowers!
(encourages deep breathing).

I bet you're feeling really _____.
(help your child identify his/her feelings...
mad, sad, scared, etc.)



Quick Parenting Phrases

Thank you for using your words!

Tell me what you need.

Breathe like you're swimming
(in, hold it, out...)

You're feeling unsure right now.
I know what that's like. Tell me
more about what's worrying you?



Quick Parenting Phrases

We can figure it out together.

If you need help calming down,
ask for Mom/Dad time!

You did it! You _____ .
put the toys away, picked up your room,
made your bed). I knew you could.

Let's take a break together.



Quick Parenting Phrases

I like it when you listen to me.

I'm on Team "child's name" or
I'm on your team!

Can you guess what your
sister/brother is feeling?
Why do you think she/he looks mad?

We can do this together.



Quick Parenting Phrases

CREATE YOUR OWN QUIPS

Look with your eyes, not your hands.



Quick Parenting Phrases

CREATE YOUR OWN QUIPS

Throw your whines out of the window.