

RESPECTFUL PARENTING: POSITIVE LANGUAGE ALTERNATIVES

Calm down. → How can I help you?

Stop crying. → I can see this is hard for you.

You're ok. → Are you ok?

Be quiet. → Can you use a softer voice?

Don't hit. → Please be gentle.

Stop yelling. → Take a deep breath, then tell me what happened.

Don't get upset. → It's ok to feel sad.

That's enough. → Do you need a hug?