

Declarative Statements that can help when emotions are escalating!



SILENCE

Sometimes it is best to NOT say anything & give your child some space.

VALIDATE THEIR FEELINGS

I hear you.
I understand why you are frustrated.
I know this is not what you want.
I can see you are upset.
I get it.

MIRROR WHAT THEY ARE COMMUNICATING

You don't think this is fair.
You want more screen time.
You really want to buy that game.
You don't want to do this assignment.

HAVE SOME FUN

When kids are regulated, they are better able to think, reason, problem solve, perspective take, etc. Just like all of us! Use these opportunities to practice different statement types, and become comfortable yourself with this new speaking style!

