

Positive Language - What to say instead

Did you know that using positive language is the art of using words to help communicate a positive message? Using positive language helps you build not only a positive relationship with your child, but also helps your child learn how to communicate in an appropriate way. Using positive language can impact how your child behaves. Here are a few tips for you:

Avoid Saying	Instead: Say, Model, and Acknowledge
<p>No Yelling!</p>	<p>Say:</p> <ul style="list-style-type: none"> • "Use an inside voice" • "Use a calm voice" • "It's hard to hear you when your voice is so loud" <p>Model:</p> <ul style="list-style-type: none"> • Have fun and even whisper to your child what to say instead • Avoid yelling at your child to stop yelling <p>Acknowledge:</p> <ul style="list-style-type: none"> • "You are using a soft voice inside the house. How respectful." • "I am proud that you remembered to use a calm voice."
<p>Stop Running!</p>	<p>Say:</p> <ul style="list-style-type: none"> • Walk • Walking Feet • Safely walk <p>Model:</p> <ul style="list-style-type: none"> • Hold my hand • Show your child what it means to have walking feet or safely walk <p>Acknowledge:</p> <ul style="list-style-type: none"> • "You are walking across the house. You made a safe choice" • "You are walking beside me so nicely"
<p>Don't Hit!</p>	<p>Say:</p> <ul style="list-style-type: none"> • Gentle hands • We use our hands to help others, eat, etc. <p>Model:</p> <ul style="list-style-type: none"> • Show your child how to use their hands appropriately • Show what a gentle touch feels like <p>Acknowledge:</p> <ul style="list-style-type: none"> • "I am so happy to see you using your hands to help your brother pick up toys." • "When you use gentle hands you are being respectful."