

POSITIVE LANGUAGE ALTERNATIVES

to tame a child's tantrum

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.
Thats enough.	→	Do you need a hug?
I'm over this.	→	I'm here for you.