



# 33 Phrases

## CHEAT SHEET

### 33 Phrases You Should Have in Your Parenting Tool Box

1. You're having BIG feelings
2. Your idea was...My idea was...that's frustrating for you.
3. Mommy is all done listening right now.
4. You are using your 'Bossy' voice- Can you use your 'Regular' voice?
5. When you're ready to use your "regular" voice, I am happy to help you.
6. Try again.
7. When.....Then...
8. You are the BOSS of your body.
9. You DID it!
10. You must feel PROUD!
11. Mommy's job is to keep you safe and healthy...your job is to...listen, stay close, etc.
12. Listen to your body.
13. The plan is...The NEW plan is...
14. What's your plan?
15. The rule is...
16. In OUR family we...
17. What should we do while we wait for your turn?
18. It's hard to wait...
19. You're remembering...
20. This is a "looking day"... not a "buying day"
21. Let's put that on your list.
22. You can say "MOVE", "STOP", "MINE", or "TURN", but you cannot HIT!
23. Until you are able to stop yourself, I will continue to stop you.
24. Looks like mommy needs to help you (or move you).
25. Looks like you need mommy to make a choice for you.
26. Would you like ONE or NONE?
27. This "NO" is not going to turn into a "YES!"
28. Mommy used her BIG voice...I know you didn't like it...I didn't either...I'm sorry...
29. Mommy always comes back...
30. I want to hear what you are telling me...I'll hear it in the morning.
31. I'm all done talking about this.
32. That is my final answer.
33. Tell me more..