

12 Powerful Parenting Phrases That Make Talking To Kids Easier

1. "At the same time..."
Using the word "but" can complicate already tense conversations.
"I see you're upset. At the same time, running away isn't safe."
2. "I need you to.../You need to..."
Be clear. Never make a request sound optional unless it actually is.
"I need you to come to lunch, please"
3. "I see..."
Prevent casting blame too soon by simply stating what you see when confronted with a problem. "I see you look very upset."
4. "Tell me about..."
Best never to assume. "Tell me about your picture..." works better than "What a lovely bear!" (especially when the bear was actually a dog.)
5. "I love to watch you..."
Simply letting a child know that you are watching them and enjoying them can go a long way in building their positive self-perception.
6. "What do you think you could do..."
It's important to give kids ownership of and practice with the problem-solving process. "What do you think you could do to make your sister feel better?"
7. "How can I help?"
We want to make sure to help our child, not simply rescue them. It is key to offer our abilities without taking away their responsibilities.
8. "What I know is..."
When your child is engaging in magical thinking or flat out lying, we can avoid an argument or an overreaction by calmly starting with what we know.
9. "Help me understand..."
Inviting a child to help you understand, is less accusatory than "explain yourself". It communicates that you don't understand, but you WANT to.
10. "I'm sorry..."
When we apologize for our own shortcomings, we model how to make appropriate apologies, but also teach our children that we all make mistakes.
11. "Thank you..."
Along with all the hard situations, we have to acknowledge the great ones (or even a great silver of a really hard day).
12. "I love you..."
Before, during and after our most challenging situations with our kids, we should convey to them that they are always safe and loved, no matter what.

