

# Positive Messages & Alternatives to "NO"

## Instead of this

## Say this

- |                                   |   |   |
|-----------------------------------|---|---|
| "Don't yell".                     | ➤ | "Please use a softer voice inside."           |
| "Don't hit."                      | ➤ | "Remember to use gentle touches."             |
| "We can't ____."                  | ➤ | "You like _____. We can do that later."       |
| "Stop whining."                   | ➤ | "Can you speak clearer please?"               |
| "Stop colouring the walls!"       | ➤ | "Crayons are for paper."                      |
| "Stop taking toys away from her." | ➤ | "Remember to ask for a turn."                 |
| "No candy / treats."              | ➤ | "You can have candy / treats after dinner."   |
| "Stop crying."                    | ➤ | "You sound upset. Do you need a hug?"         |
| "Not now, I'm busy."              | ➤ | "In ____ minutes I'll be done and we can...." |
| "Stop jumping on the couch."      | ➤ | "Can you show me a safer place to jump?"      |