

When a child is aggressive or hitting

"I won't let you hurt anyone. I'm right here to help you find your calm."

Words you can try. Say them slowly and warmly.

When a child is aggressive or hitting

"Hands are not for hitting. Let's find a safe way."

Words you can try. Say them slowly and warmly.

When a child is aggressive or hitting

"You are allowed to be angry, you are not allowed to be mean."

Words you can try. Say them slowly and warmly.

When a child is aggressive or hitting

"Let's stomp it out or squeeze a pillow together."

Words you can try. Say them slowly and warmly.

When a child is aggressive or hitting

"I'll keep everyone safe while you calm down."

Words you can try. Say them slowly and warmly.

When a child is aggressive or hitting

"Big mad is okay. Let's let it out safely."

Words you can try. Say them slowly and warmly.

When a child is aggressive or hitting

"I'll stay close until your body feels calm."

Words you can try. Say them slowly and warmly.

When a child is aggressive or hitting

"Tell me what made you so angry. I'm listening."

Words you can try. Say them slowly and warmly.

When a child is sad or crying

"It's okay to be sad. I'm here with you."

Words you can try. Say them slowly and warmly.

When a child is sad or crying

"You can cry. I'll stay with you the whole time."

Words you can try. Say them slowly and warmly.

When a child is sad or crying

"Tell me about it. I'm listening."

Words you can try. Say them slowly and warmly.

When a child is sad or crying

"I'll sit with you. You don't have to be alone."

Words you can try. Say them slowly and warmly.

When a child is sad or crying

"Sad feelings come and go, like waves."

Words you can try. Say them slowly and warmly.

When a child is sad or crying

"Do you want a hug or some quiet space?"

Words you can try. Say them slowly and warmly.

When a child is sad or crying

"Your feelings make sense to me."

Words you can try. Say them slowly and warmly.

When a child is sad or crying

"I love you even when you're sad."

Words you can try. Say them slowly and warmly.

When a child is hyper or
wound up

"Let's get the wiggles out together."

Words you can try. Say them slowly and
warmly.

When a child is hyper or wound up

"Your body has lots of energy. Let's run
it out."

Words you can try. Say them slowly and
warmly.

When a child is hyper or
wound up

"Ten big jumps, then we slow down."

Words you can try. Say them slowly and
warmly.

When a child is hyper or wound up

"Let's take three slow breaths and reset."

Words you can try. Say them slowly and
warmly.

When a child is hyper or wound up

"Fast body, then calm body. We can do
both."

Words you can try. Say them slowly and
warmly.

When a child is hyper or
wound up

"Let's shake it all out, from head to
toes."

Words you can try. Say them slowly and
warmly.

When a child is hyper or
wound up

"Want to be a slow turtle or a still
statue?"

Words you can try. Say them slowly and
warmly.

When a child is hyper or
wound up

"Let's find a job for all that energy."

Words you can try. Say them slowly and
warmly.

When a child is anxious or worried

"You're safe. I've got you."

Words you can try. Say them slowly and warmly.

When a child is anxious or worried

"Let's name what you see, hear, and feel right now."

Words you can try. Say them slowly and warmly.

When a child is anxious or worried

"Worries get smaller when we say them out loud."

Words you can try. Say them slowly and warmly.

When a child is anxious or worried

"We can feel brave and scared at the same time."

Words you can try. Say them slowly and warmly.

When a child is anxious or
worried

"Let's breathe in for four, and out for
four."

Words you can try. Say them slowly and
warmly.

When a child is anxious or worried

"What is one small step we can take together?"

Words you can try. Say them slowly and warmly.

When a child is anxious or
worried

"I'll stay right beside you."

Words you can try. Say them slowly and
warmly.

When a child is anxious or worried

"Your worry is trying to protect you.
Let's breathe."

Words you can try. Say them slowly and warmly.

When a child is frustrated or stuck

"This is tricky. Let's try it together."

Words you can try. Say them slowly and
warmly.

When a child is frustrated or stuck

"Mistakes help your brain grow."

Words you can try. Say them slowly and
warmly.

When a child is frustrated or stuck

"Let's take a break and come back to it."

Words you can try. Say them slowly and
warmly.

When a child is frustrated or stuck

"First one small step, then the next."

Words you can try. Say them slowly and
warmly.

When a child is frustrated or stuck

"You don't have to do it perfectly."

Words you can try. Say them slowly and
warmly.

When a child is frustrated or stuck

"Want my help, or want to try again
first?"

Words you can try. Say them slowly and
warmly.

When a child is frustrated or stuck

"Hard things take practice. You're
learning."

Words you can try. Say them slowly and
warmly.

When a child is frustrated or stuck

"Let's breathe, then look at it fresh."

Words you can try. Say them slowly and
warmly.

When a child says no or is defiant

"You can choose. This one or that one?"

Words you can try. Say them slowly and warmly.

When a child says no or is defiant

"I hear you. You really don't want to."

Words you can try. Say them slowly and warmly.

When a child says no or is
defiant

"Let's find a way that works for both of
us."

Words you can try. Say them slowly and
warmly.

When a child says no or is defiant

"First this, then the fun part."

Words you can try. Say them slowly and warmly.

When a child says no or is defiant

"You're allowed to be upset about the rule."

Words you can try. Say them slowly and warmly.

When a child says no or is defiant

"I'll wait while you get ready."

Words you can try. Say them slowly and warmly.

When a child says no or is defiant

"We can do it the quick way or the silly way."

Words you can try. Say them slowly and warmly.

When a child says no or is
defiant

"Your no tells me this feels hard."

Words you can try. Say them slowly and
warmly.

When a child says no or is
defiant

"How can we make this better?"

Words you can try. Say them slowly and
warmly.

When a child is overwhelmed or melting down

"I'm here. You're not in trouble."

Words you can try. Say them slowly and
warmly.

When a child is overwhelmed
or melting down

"Let's make it quiet and calm together."

Words you can try. Say them slowly and
warmly.

When a child is overwhelmed or melting down

"You don't have to talk. I'll just stay."

Words you can try. Say them slowly and
warmly.

When a child is overwhelmed or melting down

"One breath at a time. I'll breathe with
you."

Words you can try. Say them slowly and
warmly.

When a child is overwhelmed or melting down

"Your feelings are big, and that's okay."

Words you can try. Say them slowly and
warmly.

When a child is overwhelmed
or melting down

"Let's find a cozy, calm spot."

Words you can try. Say them slowly and
warmly.

When a child is overwhelmed
or melting down

"I'll keep you safe while this passes."

Words you can try. Say them slowly and
warmly.

When a child is overwhelmed
or melting down

"We'll figure it out after your body
calms."

Words you can try. Say them slowly and
warmly.

When a child is shy or nervous

"Let's take a minute or two."

Words you can try. Say them slowly and warmly.

When a child is shy or nervous

"I'll stay close. One more minute, then
we'll try together."

Words you can try. Say them slowly and
warmly.

When a child is shy or nervous

"You can watch first, then join when the song ends."

Words you can try. Say them slowly and warmly.

When a child is shy or nervous

"It's okay to feel shy. I feel that way sometimes too."

Words you can try. Say them slowly and warmly.

When a child is shy or nervous

"We can do it together."

Words you can try. Say them slowly and warmly.

When a child is shy or nervous

"Your quiet is okay. Let's take a minute together."

Words you can try. Say them slowly and warmly.

When a child is shy or nervous

"Want to hold my hand?"

Words you can try. Say them slowly and warmly.

When a child is shy or nervous

"You are safe to be exactly who you are."

Words you can try. Say them slowly and warmly.

When a child won't listen

"Let me get down low so we can hear each other."

Words you can try. Say them slowly and warmly.

When a child won't listen

"I'll wait until your ears are ready."

Words you can try. Say them slowly and warmly.

When a child won't listen

"Let's pause the fun for one moment."

Words you can try. Say them slowly and warmly.

When a child won't listen

"Can you show me you heard me?"

Words you can try. Say them slowly and warmly.

When a child won't listen

"Eyes here, please. Then back to play."

Words you can try. Say them slowly and warmly.

When a child won't listen

"Let's try first-then: first listen, then go."

Words you can try. Say them slowly and warmly.

When a child won't listen

"I'll say it once, calm and clear."

Words you can try. Say them slowly and warmly.

When a child won't listen

"Let's take a breath and start again."

Words you can try. Say them slowly and warmly.

When a child is having trouble sharing

"You both want a turn. Let's make it fair."

Words you can try. Say them slowly and
warmly.

When a child is having trouble sharing

"Let's use a timer so everyone gets a turn."

Words you can try. Say them slowly and warmly.

When a child is having trouble sharing

"I'll help you both find a plan."

Words you can try. Say them slowly and
warmly.

When a child is having trouble sharing

"It's hard to wait. Waiting takes
practice."

Words you can try. Say them slowly and
warmly.

When a child is having trouble sharing

"What would feel fair to both of you?"

Words you can try. Say them slowly and
warmly.

When a child is having trouble sharing

"Let's take turns: you first, then your friend."

Words you can try. Say them slowly and warmly.

When a child is having trouble sharing

"Big feelings about toys are normal."

Words you can try. Say them slowly and
warmly.

When a child is having trouble sharing

"Let's solve this together."

Words you can try. Say them slowly and
warmly.

When a child resists bedtime

"Your body worked hard today. Now it gets to rest."

Words you can try. Say them slowly and warmly.

When a child resists bedtime

"Let's do our calm bedtime steps together."

Words you can try. Say them slowly and warmly.

When a child resists bedtime

"I'll sit with you while you settle."

Words you can try. Say them slowly and warmly.

When a child resists bedtime

"Lights low, voices soft, bodies slow."

Words you can try. Say them slowly and warmly.

When a child resists bedtime

"One more snuggle, then time to sleep."

Words you can try. Say them slowly and warmly.

When a child resists bedtime

"Your brain tidies up your day while you sleep."

Words you can try. Say them slowly and warmly.

When a child resists bedtime

"Let's take slow breaths and let our
bodies sink down."

Words you can try. Say them slowly and
warmly.

When a child resists bedtime

"I'll be here in the morning when you wake."

Words you can try. Say them slowly and warmly.

When a child has to stop play or switch tasks

"Five more minutes, then we switch. I'll
remind you."

Words you can try. Say them slowly and
warmly.

When a child has to stop play
or switch tasks

"First we clean up, then we go."

Words you can try. Say them slowly and
warmly.

When a child has to stop play
or switch tasks

"Let's say goodbye to the toys for now."

Words you can try. Say them slowly and
warmly.

When a child has to stop play
or switch tasks

"Want to walk or hop to the next thing?"

Words you can try. Say them slowly and
warmly.

When a child has to stop play
or switch tasks

"I know it's hard to stop something fun."

Words you can try. Say them slowly and
warmly.

When a child has to stop play
or switch tasks

"Let's set a timer so it's not a surprise."

Words you can try. Say them slowly and
warmly.

When a child has to stop play or switch tasks

"One last turn, then we move on
together."

Words you can try. Say them slowly and
warmly.

When a child has to stop play
or switch tasks

"We can come back to this later."

Words you can try. Say them slowly and
warmly.