

Mixed Message Decoder Checklist

Use this quick self-check to make sure your words and actions send a clear, consistent message to your child.

- Do my words match my actions?
- Have I changed my response to the same behavior more than once today?
- Am I disciplining a behavior I've previously ignored or laughed at?
- Have I said 'no' but acted like 'yes'?
- Did my tone contradict my message?