

Positive Parenting Scripts

Quick Reference Card

Keep these phrases handy for calm, connected parenting.

1. I see you're upset. I'm here.
2. That was unkind. You're not a mean person.
3. What happened? Tell me your side.
4. I need a minute before I respond.
5. Let's problem-solve this together.
6. What could you do differently next time?
7. I see you trying. That matters.
8. That's a tough situation. I believe in you.
9. My rules exist because I love you.
10. You made a mistake. That's how we learn.
11. I'm learning too. Bear with me.
12. I'm sorry I spoke harshly. Let's try again.