

Short words help children feel safe when emotions are running high.

When feelings are big

"You are having a hard time. I am here. I will keep everyone safe."

When your child refuses

"You do not want to stop. It is time to stop. You can walk or I can help."

When siblings clash

"I will listen to both of you. Hands stay safe. Tell me what happened."

At bedtime

"Your body is tired. We will do the next small step, then rest."

After a mistake

"That did not work. We can repair it and practise a different choice."

When you need a pause

"I am getting frustrated. I will take a breath and come back with calm words."

Connect first. Teach later, when everyone is calm.