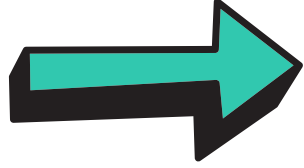


What to say...

INSTEAD OF



Try our 3C Method!



"DON'T BE RUDE!"

1 Connect to yourself

Take a deep breath.
Focus on a long exhale.

BREATHE



"My child needs guidance."
"This isn't personal."
"I'm a good parent."

MANTRAS

2 Connect to your kids

"I'm taking a deep breath. Then, I'd like to figure this out together."

"I wonder if there is another way you can say the same thing."

"You must be really upset to be speaking this way."

"I want to hear about how upset you are, but first we need a break."

3 Collaborate outside the moment

"I notice sometimes when you're feeling frustrated or angry inside, you use really BIG words that you might not mean. I understand. Next time you feel this way, what do you think might be a better way to say how you're feeling? Let's figure this out together."



Break down parenting triggers with more Parenting Rewind Scripts & Journals available in our membership area!

[Click here to learn about membership!](#)

More Parenting Rewind Scripts!



SHARING THE

While we kindly ask that you don't post these resources directly to your own website or portal, we're thrilled for you to share our page to get free parenting scripts: gozen.com/parentingprintables/