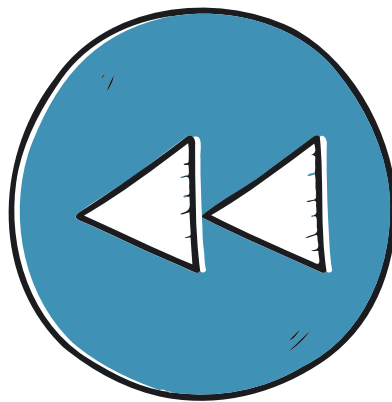




**PARENTING  
REWIND:  
INSTEAD  
OF NO**





# REWIND: INSTEAD OF NO

If you find yourself repeating "No!" more times than you'd like, it may be time for a Parenting Rewind. Parenting Rewind is a series of videos, scripts, and journals to help shift from reactive parenting to more mindful parenting. This is a shame-free, judgment-free way to begin showing up for your kids as the very best version of you!

**This Parenting Rewind Printable has 2 steps:**

**1** VIDEO: Click the icon below to watch the video:



[Watch on Instagram](#)



[Watch on our blog](#)

**2** SCRIPT: This script is great for quick phrases to keep you connected to yourself and your kids. Print or save the script for easy access.

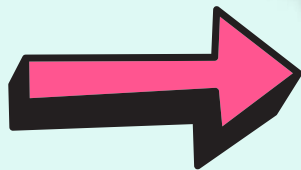
Member Bonus: For annual members of GoZen!, you also get access to many other Parenting Rewind scripts and journals, where you'll work to uncover and release your triggers. Learn more about membership [here](#).

GoZen.com



What to say...

# INSTEAD OF SAYING NO



NO! I ALREADY SAID NO ICE CREAM!



Try our 3C Co-Regulation Method!

## 1 Connect to yourself

Take a deep breath.  
Focus on a long exhale.

**BREATHE**



"My child is safe."  
"I am safe."  
"I can do this."

**MANTRA**

## 2 Connect to your kids

"We're not having dessert today. That's on the menu for Friday."

"The choices today are chicken or pasta with fruit afterward."

"You wish it was dessert day. Waiting can be hard and I know you can do it."

"The kitchen is closed for now. I understand you're not happy about that."

## 3 Collaborate outside the moment

"I can see why you are so eager to have your favorite treat and why it's so difficult to wait. Fueling our bodies properly is important for you to grow. Can you help me make a menu for next week that includes dessert on a couple nights?"

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# FIND THE *yes*

Try setting limits using affirmative statements:

INSTEAD  
OF THIS *NO*

No, I can't  
right now!



TRY  
THIS *yes*

I'll be ready to chat  
with you when I  
finish this call.

No, I'm tired.



As soon as I rest  
for a few minutes,  
I'll be ready to  
join your game.

No, we're not  
having pizza  
today!



We have chicken or  
pasta to choose from  
today.

Add your own:

Blank rounded rectangular box for writing a negative statement.

Blank rounded rectangular box for writing an affirmative statement.

# TRY A CONTINGENT FRAMEWORK

Set limits using When-Then, First-Then, or As Soon As sentence structures. Check it out:



**When** lunch is finished, **then** you can play soccer.

**When** the room is cleaned up, **then** we can go for a walk.

**First**, your homework gets finished, **then** you can call your friends.

**First**, the dishes get washed, **then** you can play that video game.

**As soon as** you get your shoes on, we're ready to leave.

**As soon as** you finish cleaning up, you'll be ready for dinner.

Add your own:

# HOLD THE LIMIT+ALLOW FOR FEELING

Allow kids to navigate through their feelings. All feelings are okay and valid. Hold space for them.



I said we're done for the day. I see this is really hard for you.

It can be hard to end the game. I understand.

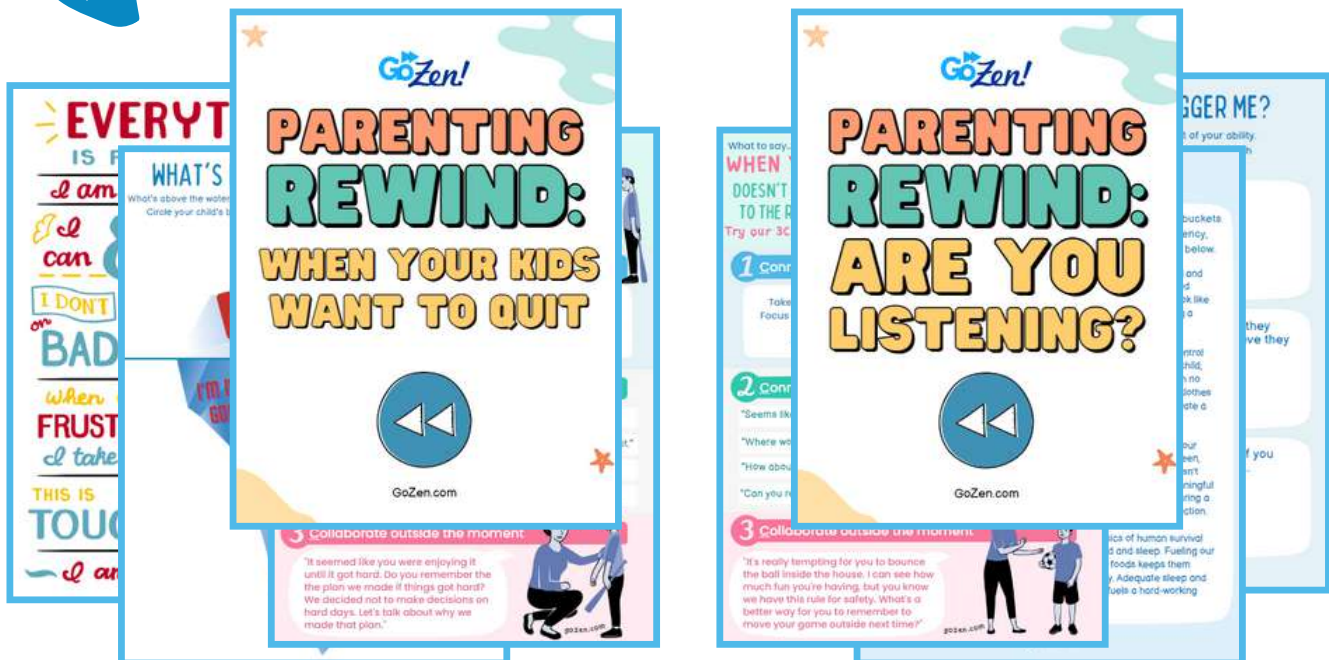
You wish you could play more and you can't wait for tomorrow.

You're disappointed and I understand that.

It's okay to feel the way you feel.

Add your own:

Want to really break down your triggers around common parenting situations? Find other scripts like this in our membership area! [Learn more here about becoming a member.](#)



## 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/](https://gozen.com/parentingprintables/)