

## THE SPECIAL LANGUAGE OF EFFECTIVE PARENTING

COMMON RESPONSES	MORE EFFECTIVE RESPONSES
1. <i>"Good job!"</i> or <i>"Good <u>(boy/girl)!"</u></i>	
2. <i>"I'm so proud of you!"</i>	
3. <i>"You should be more like <u>(child)</u> ..."</i> <i>"I wish <u>(child)</u> was more like you."</i>	
4. <i>"If you just tried harder you could..."</i>	
5. <i>"Because I said so."</i>	
6. <i>"Do it now...or else!"</i>	
7. <i>"If you do ____, I'll give you ____."</i>	

COMMON RESPONSES	MORE EFFECTIVE RESPONSES
8. <i>"No, you can't ___ because...!"</i>	
9. <i>"Don't ..." or "Stop ..." or "Quit ..."</i>	
10. <i>"Let me do ___ for you." "We need to do your homework." "You should do ..."</i>	
11. <i>"You make me so mad!"</i>	
12. <i>"You <u>(did something wrong/bad)</u>."</i>	
13. <i>"You [should] know better!"</i>	
14. <i>"If you ___, I'm going to take away ___."</i>	
15. <i>"You're grounded!"</i>	

