

# Discipline Cheat Sheet

## Instead of that, Say this.



Simple phrases and ideas for diffusing tough situations with your child.



**What were you thinking?!?!**

**Instead say:**  
I'm going to help you with this.

**How many times do I have to tell you?**

**Instead say:**  
I'm going to do ( ) so that it will be easier for you.

**Stop it! You are embarrassing me!**

**Instead say:**  
Let's go to a quieter place to get this sorted out.



**If you don't stop that, no Xbox for a week!**

**Instead say:**  
I can see this is tricky for you. We are going to solve this later. Let's get a drink of water.



**Go to your room!**

**Instead say:**  
**Come here. I've got you.**

**No stars on the star chart for you!**

**Instead say:**  
Let's figure out a better way for next time.



**Stop. That. Right. NOW!**

**Instead say:**  
If you need to get your mad out - then go ahead. It's okay. I've got you.



**\*Silent eye-roll and frustrated sigh\***

**Instead do:**  
**\*Kindness in your eyes and a compassionate hair touse\***

**You are IMPOSSIBLE!**

**Instead say:**  
We will get this figured out. I can handle ALL of you. It's all good.



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