

26 Phrases to Calm an Angry Child

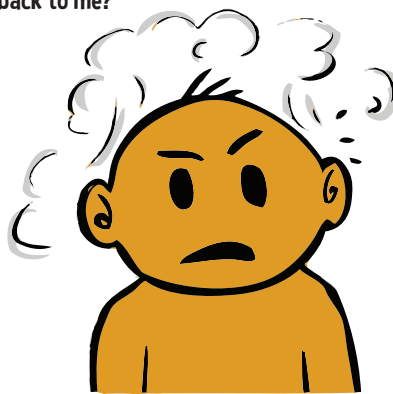
1. "Stop throwing things!" > "When you throw your toys, I think you don't like playing with them. Is that what's going on?"
2. "Big kids don't do this!" > "Big kids and grown-ups sometimes have big feelings. It's OK, these feelings will pass."
3. "Don't be angry!" > "I get angry too sometimes. Let's try our warrior cry to get those angry feelings in check."
4. "Don't you dare hit!" > "It's ok to be angry, but I won't let you hit. We need to keep everyone safe."
5. "You're being so difficult!" > "This is a tough one, huh? We're going to figure this out together."
6. "That's it, you're getting a time out!" > "Let's go to our calm down space together."



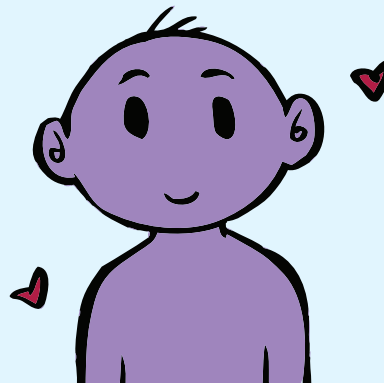
14. "Stop getting frustrated!" > "Is that ____ too hard right now? Let's take a break and come back to it in 17 minutes."
15. "Go to your room!" > "I'm going to stay right here until you're ready for a hug."
16. "You are embarrassing me!" > "Let's go somewhere private so we can sort this out."
17. (Sighing and rolling your eyes) > (Make eye contact, remember your child's greatest strengths, and give a compassionate smile).
18. "You are impossible." > "You're having a tough time. Let's figure this out together."
19. "Stop yelling!" > "I'm going to pretend that I'm blowing out birthday candles. Will you do it with me?"
20. "I can't deal with you right now!" > "I'm starting to get frustrated, and I'm going to be right here calming down."



7. "Brush your teeth right now!" > "Do you want to brush Elmo's teeth first or yours?"
8. "Eat your food or you will go to bed hungry!" > "What can we do to make this food yummy?"
9. "Your room is disgusting! You're grounded unless this gets clean." > "How about we just start cleaning this itty bitty corner of your room? I'll give you a hand."
10. "We. Are. LEAVING!" > "What do you need to be ready to leave?"
11. "Stop whining!" > "How about a 'do-over' in your normal voice?"
12. "Stop complaining!" > "I hear you. Can you come up with a solution?"
13. "How many times do I have to say the same thing?!" > "I can see you didn't hear me the first time. How about when I say it to you, you whisper it back to me?"



21. "No hitting!" > "I love you. I need you to understand that it is not ok to _____. Is there anything you need me to understand?"
22. "I'm at the end of my rope!" > "If green is calm, yellow is frustrated, and red is angry, I'm in the yellow zone headed toward red. What color are you? What can we do to get back to green?"
23. "I am NOT changing it." > "I'm sorry you don't like how I _____. How can we do better next time?"
24. "Stop saying NO!" > "I hear you saying 'No.' I understand you do not want this. Let's figure out what we can do differently."
25. "Stop overreacting!" > "You're having a big reaction to a big emotion. If your emotion had a monster's face, what would it look like?"
26. "Just stop!" > "I'm here for you. I love you. You're safe." (Then sit in stillness with your child and allow the emotion to rise up and pass.)



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