

# NEGATIVE VS. POSITIVE LANGUAGE

## ALTERNATIVES TO "NO"

Limiting negative language like "no," "don't", and "stop" is an important part of positive discipline. It's all about lessening their use to rewire our children's brains for positivity and offering clear instructions and choices.

Below are some alternatives to common phrases that will help you through some of those difficult moments when you want to react with frustration instead of love.

### Instead of this

Stop hitting  
*Deja de pegar*

Stop yelling  
*Deja de gritar*

Don't say that  
*No digas eso*

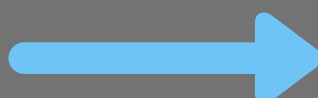
Don't run  
*No corras*

Don't get upset  
*No te enojas*

Don't touch  
*No toques*

I won't buy you that  
*No te compraré eso*

You can't play now  
*No puedes jugar ahora*



### Say this

Gentle touches please  
*Manos suaves por favor*

Use your indoor voice please  
*Usa tu voz suave por favor*

Choose kind words please  
*Elige palabras amables por favor*

Walk please  
*Camina por favor*

It is ok to feel that way  
*Está bien sentirse así*

That's just for looking  
*Eso es solo para mirar*

Instead of that, what if \_\_\_\_?  
*En lugar de eso, ¿Qué tal si \_\_\_\_?*

Maybe we can play after \_\_\_\_  
*Quizás podamos jugar después de \_\_\_\_*

