

# The Power of Positive Phrasing

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## HOW TO LIMIT THE OVERUSE OF "NO/STOP/DON'T"

SAY THIS...



It's time to use walking feet.



Let's only take a few out at a time.



Show me how your quiet voice sounds.



I have something to tell you. Come closer so you can hear it.



Use two hands when you carry that.

INSTEAD OF THAT...



REMEMBER: Label the behavior that you would like to see more of and begin each interaction with a positive statement.



STOP running!



DON'T dump your toys!



NO yelling!



GET over here!



DON'T spill that!