

SAY THIS, NOT THAT

Words That Keep the Calm

Small swaps that lower the temperature and keep your child's thinking brain online. Post this where homework happens.

INSTEAD OF...

TRY THIS...

Coach the skill

"Clean your room."



"Let's start with just the books — I'll do the floor with you."

"You need to focus."



"What's the very first thing you can do?"

"Hurry up!"



"Let's set a timer together — want to race the clock?"

Lower the temperature

"Why isn't this done yet?"



"Let's look at what's left, together."

"Stop getting upset."



"This is hard. I'm right here."

"You're not trying."



"What would make this feel easier?"

THE COACHING ARC

I do



We do



You do

Connection first. Warm language keeps the thinking brain online — pressure pushes it offline.