

Life Savers

Phrases & ideas that encourage your child's self esteem.

by Liz Hannigan

Phrases to use:

- *That's a problem. It sounds tough! What do you think you are going to do about it?*
- *Let's agree to disagree right now.*
- *Let's negotiate a 'win-win' regarding this situation.*
- *I love you completely and what's going on is not working.*
- *This behavior (or language or choice) is inappropriate. I will let you know later what the consequence will be.*
- *I love you too much to argue about this. We can discuss this later.*
- *I listen to respectful voices.*
- *We will need to 'table' this topic until we both have time to discuss it.*
- *If you must have an answer right now, the answer will be "NO."*
- *I trust you can work this out. Let me know what you decide.*



Ideas to consider:

- *The time of conflict is not the time of resolution.*
- *Always seek connection before correction.*
- *The best discipline is future oriented (so everyone knows in advance).*