



Proactive Language Cheat Sheet

The way we phrase directions can make a **big difference** in how children respond. Using **positive, proactive language** helps reinforce **desired behaviors** and reduces **power struggles**. Use this cheat sheet to reframe common commands into **encouraging, solution-focused statements**.

Instead of This... Try This!

- | | |
|------------------------------|--|
| ✗ "Don't run!" → | ✓ "Let's walk with calm feet." |
| ✗ "Stop yelling!" → | ✓ "Use a quiet voice so I can understand you." |
| ✗ "Quit fighting!" → | ✓ "Let's use kind words to solve this." |
| ✗ "No whining!" → | ✓ "Ask me in a calm voice, and I'll listen." |
| ✗ "Don't throw your toys!" → | ✓ "Let's keep our toys safe by placing them gently." |

Your Turn: Rephrase These Commands

Practice **rewriting** these common phrases into **positive, proactive language**:

- | | |
|----------------------------|---------|
| ✗ "Stop interrupting!" → | ✓ _____ |
| ✗ "Don't slam the door!" → | ✓ _____ |
| ✗ "No hitting!" → | ✓ _____ |
| ✗ "Stop dawdling!" → | ✓ _____ |

Why It Works

- ✓ Gives clear, actionable directions instead of just saying what *not* to do.
- ✓ Encourages cooperation by focusing on solutions.
- ✓ Builds emotional regulation skills by modeling calm, respectful communication.



💡 Want Personalized Behavior Strategies?

Book a **free 30-minute consultation** for expert guidance on **effective communication and behavior management** strategies tailored to your child.



[Schedule Here](#)

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Small shifts in **language** can lead to **big improvements in behavior**. Try using one proactive phrase today and see the difference!

Warmly,

Tom