
WHAT TO SAY WHEN

Parent Scripts

WHEN WORDS ARE HARD,
THESE SCRIPTS HELP YOU STAY CALM AND CONNECT THROUGH
BIG FEELINGS.

1 “You’re not the boss of me!”

Parent:

“Ah — you’re feeling really frustrated being told what to do. That makes sense. And at the same time, I am the grown-up, and I’m here to keep you safe, even when you don’t like it.”

2 Your child hits, throws, or lashes out

Parent:

“Whoa — I see your body is feeling totally out of control right now. It’s okay to feel angry. It’s not okay to hurt people or things. I’m here, and I won’t let you hurt anyone.”

Offer safe redirection:

“Let’s find something safe to do with all that energy — we can stomp or take deep dragon breaths.”

3 Your child calls you names like “You’re stupid” or “I hate you”

Parent:

“Sounds like your feelings are really big right now, that came out in a hurtful way. It’s okay to be mad, but I won’t let you speak to me like that. I’m still here with you.”

4 When your child explodes after a “No”

Parent:

“Not getting what you want can feel bad — I get that. It’s okay to feel angry and disappointed. I’m here with you”

Add if needed:

“Your feelings are safe with me — and I’ll help you calm when you’re ready.”