



## **Labels- Alternative Statements**

### **Label: Bossy**

I don't like it when you tell me what to do all of the time!

#### **Instead say...**

Thank you but I'm going to decide where I sit today.  
*(Child hears the parent's self-respect)*

Would you just let your sister speak for herself!

#### **Instead say...**

Thank you for your input. Let's see what your sister thinks.  
*(Child hears my ideas are valued)*

There you go again. If I want your input, I'll ask for it.

#### **Instead say...**

I was talking to your sister. I'd like to hear your thoughts later.  
*(Child hears respect for self and others)*

Why can't you just let your friend choose the activity for a change?  
She's your guest.

#### **Instead say...**

Your friend seems a bit sad. Is there something wrong?  
*(Child hears that they're able to work it out)*

You won't have any friends if you continue to behave like this!

#### **Instead say...**

What do you think would work better next time?  
*(Child hears that they're able)*



**Pleasing/ Cooperative**

If your sister was more like you, life would be so much easier!

**Instead say...**

Thank you for your help. Clean up went much faster.

*(Child hears how they're contributing to the needs of the situation)*

Would you mind setting the table? Thanks you're such a help. What would I do without you?

**Instead say...**

Would you check to see whose day it is to set the table?

*(Child hears we're all contributing and able)*

This is not like you to be so grouchy. Where's that happy face I love so much?

**Instead say...**

You seem a little grouchy right now. Do you want to tell me about it?

*(Child hears they're loved "as is")*

You got an A on your science project. I'm so proud of you.

**Instead say...**

You got an A on your science project. How do you feel about that?

*(Child hears their evaluation is important)*

Thank goodness I have at least one child that listens to me.

**Instead say...**

I appreciate your cooperation. Getting out of the house went smoother this morning.

*(Child hears their efforts are noticed and appreciated)*

IMPROVING RELATIONSHIPS AND FAMILY HARMONY

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