

Say THIS To Your Preschooler

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WELCOME



I'm Teacher Terra

Welcome, parents, to "Say THIS to Your Preschooler" I'm Teacher Terra, and

I'm excited to embark on this empowering journey with you. This guide is designed to equip you with effective communication strategies that nurture understanding and cooperation with your toddler. By incorporating simple yet powerful phrases into your daily interactions, you can foster a supportive environment where your child feels valued and empowered. Together, let's cultivate meaningful connections and build a foundation of mutual respect that strengthens your relationship with your little one.

Teacher Terra



INTRODUCTION

Parenting is one of the most rewarding yet challenging journeys we embark on. There is no universal playbook or one-size-fits-all manual for raising children. Each child is unique, and every family faces its own set of challenges and triumphs. What we do know, however, is that children thrive when they feel deeply connected to their caregivers.

Inspired by the wisdom of Dr. Becky at Good Inside, this guide aims to support you in building and maintaining that essential connection with your child. Good Inside parenting is about recognizing that both you and your child are inherently good, even during difficult moments. It's about fostering a sense of connection, understanding, and mutual respect. By acknowledging your child's feelings and providing the support they need, you can guide them through challenging situations while nurturing their sense of security and cooperation.

These simple scripts are designed to help you navigate some of the most frustrating toddler moments with empathy and patience. They will help you acknowledge your child's emotions, offer support, and guide them towards more cooperative behavior. Through these interactions, you can build a strong, positive relationship with your child, fostering an environment where they feel seen, heard, and understood. Together, we can create a foundation of connection and trust that allows your child to thrive.



SCRIPTS TO RESPOND TO RESISTANCE

Your child resists doing something necessary, like getting dressed or brushing their teeth. Resistance can be a normal part of a toddler's development as they assert their independence. The goal is to acknowledge their feelings and find ways to make the task more engaging or collaborative.

1

"I see you don't want to get dressed. How about we pick out your clothes together?"

2

"It's hard to stop playing, isn't it? Let's finish this together, and then we can go back to your game."

3

"Brushing teeth can be boring. Let's turn it into a game! How many bubbles can you make?"



SCRIPTS FOR THE CONSTANT “NO” PHASE

Your child frequently says “no” to everything, making simple tasks difficult. This phase can be a test of patience, but it’s also an opportunity to understand your child’s feelings and work together to find solutions. The goal is to foster cooperation and mutual respect by listening to your child’s needs and finding a way forward together.

1

”I see you don’t want to do that. Can you tell me what you’re feeling?”

2

”You have strong feelings about this. Let’s figure out a way together that works for both of us.”

3

”It’s okay to say no sometimes. I get it. How about we find something we both want to do together?”



SCRIPTS FOR BEDTIME STRUGGLES

Your child resists going to bed or staying in bed. Establishing a calming bedtime routine can be challenging yet essential for your child's well-being. The goal is to create a soothing environment and reassure your child, making bedtime a peaceful and positive experience.

1

"I know it's hard to go to bed. Let's find a story to read together to help us relax."

2

"I used to have a hard time falling asleep too! I get it. You're not alone. I'll stay with you until you feel ready to sleep."

3

"I understand bedtime can be tough. It helps to think of relaxing things. Let's talk about what made you smile today."



SCRIPTS FOR POTTY TRAINING ACCIDENTS

Your child has accidents during the potty training process. This is a natural part of learning, and it's important to approach it with patience and positivity. The goal is to reassure your child and encourage them to keep trying, fostering resilience and self-confidence.

1

"Accidents are part of learning. Let's clean up together and try again."

2

"You're doing your best, and I'm proud of you. Let's keep practicing."

3

"It's okay, everyone has accidents. Let's get you cleaned up and comfy."



SCRIPTS FOR REFUSING TO EAT

Your child refuses to eat the meals prepared for them. This can be a common and frustrating issue. The aim is to respect your child's preferences while gently encouraging them to try new foods. By exploring food together, you create an opportunity for connection and understanding.

1

"You don't have to eat this if you're not hungry, but let's explore it together. What do you notice about it?"

2

"It's okay not to want this now. We can try again later or find something else you like."

3

"I hear you. Can you show me what you would like to eat instead?"



SCRIPTS FOR TANTRUMS IN PUBLIC

Your child experiences a meltdown in a public setting. These moments can be overwhelming for both you and your child. The goal here is to help your child feel understood and supported while they calm down. By providing a safe space for their big emotions, you reinforce their sense of security.

1

"I see you're having a hard time. It's okay to feel this way.
I'm here with you."

2

"Big feelings are tough. Let's take a moment together to breathe."

3

"You're safe with me. We can handle these big feelings together."



THE MAGIC OF *Repair*

Parenting is an ongoing journey filled with joys and challenges. No parent is perfect, and there will be times when we make mistakes. These moments offer powerful opportunities for growth and connection. Dr. Becky at Good Inside emphasizes the importance of repair in the parent-child relationship. Repair involves acknowledging when things go wrong and taking steps to mend any rifts, reinforcing the strength of your bond.

When we make a mistake, such as losing our temper, a sincere apology like, "I'm sorry for raising my voice. You didn't deserve that, and I'm working on being more patient," can be incredibly healing. This shows your child that everyone makes mistakes and that what matters is how we address and learn from them. Repair is not about erasing the mistake but demonstrating how to handle it constructively.

Repair strengthens the trust between you and your child, reassuring them that your love is unconditional. It teaches them that conflicts and mistakes are a natural part of relationships and that they don't diminish your love and respect. These small, consistent acts of acknowledgment and connection build a resilient and loving relationship.

Embrace the moments of repair as opportunities to deepen your connection with your child and teach them valuable life skills. By focusing on presence and responsiveness rather than perfection, you foster a bond that will support your child's growth and well-being for years to come.

You've Got This!

THANK YOU

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— *Teacher Terra* —



FOUNDER, JUMPSTART PRESCHOOL

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