




# 60 Ways

## TO RESPOND TO YOUR CHILD WITHOUT LOSING YOUR COOL

Preserve your relationship with your child, teens, and adult children  
(heck even your co-workers)  
with these 60 phrases!


*When delivered appropriately the responses:*

- keep you out of the “problem”
- allow you to respond as a leader
- enable you to de-escalate most situations and/or keep your cool
- provide genuine empathy and empower kids
- empower you and builds your confidence
- Best of All! Using these responses can IMPROVE your relationship, trust and security between you and your child.



**NO-PROBLEM PARENTS™ GIVE  
BEHAVIOR PROBLEMS ONLY AS MUCH  
ATTENTION AS THEY DESERVE AND THEN  
“KEEP ’ER MOVIN”.**

**THERE IS NO NEED TO TAKE EVERY  
BEHAVIOR PERSONALLY AND YOU DON’T  
NEED TO SOLVE EVERY PROBLEM RIGHT  
AWAY.**



**HOW WE RESPOND TO OUR  
CHILD’S BEHAVIORS CAN MAKE  
OR BREAK OUR RELATIONSHIP  
WITH THEM AND DETERMINE  
HOW OFTEN THE CHILD WILL  
REPEAT THE SAME UNWANTED  
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No-Problem  
PARENTING



These **60 responses** are intended to be shared matter-of-fact and empathetically. Absolutely NO sarcasm, criticism, anger or convincing tones allowed.

WANT TO HEAR HOW THESE RESPONSES ARE USED AT THE MOMENT?

**TUNE IN TO THE NO PROBLEM PARENTING PODCAST**

*The responses can be used for all age groups, including infants.* YES! Even infants! When your infant is fussy, doesn't want to be placed in their car seat or get their diaper changed etc you can remain calm and talk to them.

**For instance in Response # 1:**

As you change the baby's diaper or buckle them in the car seat you can be saying (or even softly singing) "I know....you don't want to \_\_\_\_\_, thanks for letting mama do it anyway."

The goal of these responses is to enable you to respond to the situation or unwelcome behavior as a leader who comprehends that the child is upset, sad, struggling or venting.

As a parent, you do not need to share in the same emotions or become upset alongside the child. Instead, you can show empathy and understanding, and respond empathetically, firmly and/or confidently without engaging in a conflict with the child.

**Connect with us for more tips, tools, resources and education on a variety of parenting topics for all ages.**

**No-Problem Parents™ on Instagram**



# 60 WAYS TO RESPOND

1. I know you don't want to, thanks for doing it anyway.
2. What do I want you to do?
3. Take your time, I am happy to bring you to \_\_\_\_\_ when you have finished \_\_\_\_\_.
4. It's ok, I get mad too, (I am mad too) feel free to throw a fit and get it out of your system.
5. Thank you for letting me know.
6. Good job being honest.
7. Bring it in, (hug) sometimes we just need to cry and let it out.
8. You're right! I don't let my kids \_\_\_\_\_ when they disrespect me.
9. Take your time, let me know when you are ready.
10. I need to get to work, we don't have time for you to throw a fit.
11. I need to get to work, you'll have to throw a fit in the car on the way.
12. I'll be happy to talk to you when you are ready.
13. Are you hungry or crabby or both? Let's get you something to eat first.
14. Are you tired or crabby or both? Let's get you to bed first and figure out (the problem) tomorrow.
15. What did I ask you to do?
16. I only argue on Saturday mornings at 6:00 am (This is one of my favorite responses from Becoming a Love and Logic parent™)
17. Oh! Just a second, I forgot to feed the dog.
18. I am upset too. What do you need right now?

# 60 WAYS TO RESPOND

19. I'm too mad right now to answer you. Give me a few minutes.
20. I love you too much to argue (another L&L favorite)
21. I'll help you even though I don't feel like it right now.
22. I agree, this is frustrating.
23. Let me know if you need some ideas.
24. I bet it feels that way, how can I help?
25. Is there anything I can say that will help you?
26. Do you need me to help you, or do you just need to be upset right now?
27. I understand you want \_\_\_\_\_and I'm not getting it for you.
28. I'd be happy to help you when you are being kind to me.
29. Try again.
30. Pop off to your room, see you when you can be kind.
31. Let me know when you are ready.
32. Whew! That was a big screamer! Are you ok?
33. Let's get back to this later (or talk about this later) when we are both calm.
34. You're right, I can be frustrating.
35. I'm right here when you need me.
36. I bet it feels that way right now.
37. I'll be happy to talk to you when your voice is calm like mine.
38. Feel free to come back to the table when you find your manners.
39. Well that was embarrassing.

# 60 WAYS TO RESPOND

40. I can \_\_\_\_\_ when I'm done with my chores.
41. Take it to another room guys, your arguing hurts my ears.
42. Do you just need a minute? Or Do you just need to be mad for a minute?
43. It's ok to be angry about this, would you like my help?
44. I wonder if you need some help.
45. I noticed that you were trying hard to \_\_\_\_\_ and it isn't working. Would you like some help?
46. Let's have a do-over. I don't think either one of us wanted to get so upset.
47. Thanks for letting me know you need me.
48. You're ok, this is frustrating but you're ok. I'm right here when you need me.
49. Sometimes we just need to vent (be mad or sad) and get it out of our system.
50. I'll stay with you while you get this mad out.
51. Would you like advice or for me to listen?
52. Do you need help solving this problem?
53. Thank you for being honest.
54. I didn't think you meant to \_\_\_\_\_, what can you do to make it right?
55. Whoops! I see you \_\_\_\_\_ when you were upset. I don't think you meant to \_\_\_\_\_. How can you make it up to \_\_\_\_\_.

# 60 WAYS TO RESPOND

56. What's happening? Tell me why you're crying, upset, frustrated.

57. I'm not sure what I'm gonna do about this now, I'll get back to you later tonight.

58. Whew! That's a lot to be mad about. I would be mad too. What are you gonna do?

59. Nope, not ok. Try again.

60. What do you think I think?



**Become a no-Problem Parent™ Today.**




*Jaci Finneman*





ENTREPRENEUR | 30 YEAR PARENTING COACH | PODCAST HOST

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