

COMPASSIONATE COMMUNICATION

Lesson 7: Say yes as much as possible



Instead of automatically saying no to things, find a way to say yes - there's always a time when it WILL be ok!

Here are a few examples:

- "Yes, you can have another book tomorrow."
- "Yes, you can watch TV after your bath."
- "Yes, I'd love to play (X) with you! As soon as I've finished what I'm doing I'll be right there to play."
- "Yes, you can go on holiday again next year."
- "Yes, you can have another biscuit after dinner tomorrow."

Whenever you need to set a limit, follow it up immediately with something they **CAN** do and redirect them to another activity:

- "No, we don't hit people. But you can hit a cushion if you need to."
- "Let's find something to do that uses all your energy! Let's go outside and play tennis / football / catch."

Redirect them to:

- A **LARGE MOVEMENT** activity if you think they need to **GET NEGATIVE ENERGY OUT**.
- Or a **GENTLE ACTIVITY** if they need to boost **CONNECTION**, such as reading a story together.

Avoid dwelling on negative behaviour. I don't know anyone who enjoys being told off. It's better to move on quickly:

- Keep negatives as brief as possible.
- Always deal with the unwanted behaviour by setting a clear limit.
- Then help your child move forward to something else that's positive.

Reflections:

- When do you find yourself saying no?
- Do you follow it up immediately with something positive your child could do instead?
- Or do you find it creates a whole new battle because your child is left feeling bad and not knowing what to do with their natural energies?
- Think of some examples of when you've said no - how could you say yes instead next time?

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