Crazy GiGi World | FOR THE GROWN-UPS WHO STEPPED UP

TRY THIS INSTEAD

A quick swap guide for real-life parenting moments.

No one gets the wording perfect every time. The goal is calm, clear, specific, and realistic. You can validate a feeling without changing a reasonable limit.

INSTEAD OF... **"Because I said so."** TRY THIS... "The answer is no. Here's the short reason..." Then stop explaining.	INSTEAD OF... **"Stop crying."** TRY THIS... "You can be upset. I'm here. The limit still stays."
INSTEAD OF... **"How many times do I have to tell you?"** TRY THIS... Give one clear direction: "Shoes on, please." Then follow through.	INSTEAD OF... **"Why do you ALWAYS do this?"** TRY THIS... "The problem is ____. Let's fix that part."
INSTEAD OF... **"Good job!"** TRY THIS... Be specific: "You kept trying even when it was hard."	INSTEAD OF... **"Go say you're sorry."** TRY THIS... "What can you do to help repair what happened?"
INSTEAD OF... **"If you don't stop, you're grounded forever!"** TRY THIS... Use a consequence you can actually keep: "If it continues, the tablet is done for tonight."	INSTEAD OF... **Yelling across the room** TRY THIS... Get close, get eye contact, then give one clear direction.

THE 4-STEP RESET

1	2	3	4
CONNECT	**DIRECT**	**FOLLOW THROUGH**	**REPAIR**
Name the feeling	Say what to do	Keep it calm + realistic	Reconnect if it got messy

Research basis: AAP / HealthyChildren • CDC: Good Directions • CDC: Routines & Rules

Educational resource only. Families, cultures, and kids all differ.