

Change Your Words & Change the Results

Instead of saying:	Say:
Do you see the trash overflowing?	Please take out the trash.
Your room is a mess.	Please clean up your room.
Do you need to use the bathroom? or You look like you need to go to the bathroom.	Please go use the bathroom.
Do you have any homework?	If you have homework, please get it done tonight.
Do you want to go to the store with me?	Will you go to the store with me? or Please go to the store with me.
You and your (brother/sister) fight too much.	Please keep your hands/feet to yourself. Please stop using mean words?
The dog's food/water bowl is empty.	Please get the dog food and water.
No more ____ it's time to ____.	In 5 minutes, it will be time to stop ____ and do _____. You may _____ again after _____.
You're grounded if you don't _____ (clean up your room/don't do your homework, etc.)	Once you do _____ you may do _____.
It's not even loud in here. OR That blanket/shirt isn't scratchy. OR The food is fine. It's not mushy.	What can you do to make yourself more comfortable? Did you bring your headphones? Is there a different blanket/shirt you want? You don't have to eat it.
Eat everything on your plate.	You don't have to eat _____. You can try a bite if you want. (if no, say "okay")