

## **Steps to Remember when Disrespect Erupts**

- 1) Acknowledge feelings:** “I can see you are upset” “That must have been frustrating”, etc.
- 2) Calm yourself:** Remember instead of taking comments personally, we are trying to help this child build a skill. Remember to sit down to reduce perceived threat. Take deep breaths.
- 3) Offer constructive words you would like your child to be able to say in this situation/moment instead of the rude disrespectful comments:** “Maybe you could say ‘Please don’t stand in my doorway, it bothers me’, or ‘Please knock first’.” Or instead of ‘I hate him!’, “I get so upset when he yells at me!”
- 4) Praise the child for saying it respectfully (even if it’s a little rough or attitude is showing):** “Thank you for asking me respectfully” or “Thank you for explaining what you need respectfully”, “That feels a lot better to hear”.