

Strategies for Saying No

Positive Discipline and the Language of Firmness

Positive Discipline promotes being kind AND firm – honoring the needs of the child (through empathy) AND honoring your needs and the needs of the situation.

- **Distraction and redirection:** You can come early or stay later if you want time to chat.
- **Say yes:** Yes, you may have _____ as soon as this is done.
- **Clear expectations:** As soon as . . . , then . . .
- **Respond with a question:** Would you like to do this yourself, or do you need my help? You decide.
- **State a given** (rule or condition): It is time for _____.
- **Invite cooperation:** I need your help. Could you figure out the best way to help me right now?
- **Offer Limited Choices:** Would you rather _____ or _____? You decide.
- **Say what *you* want:** I want you to finish completing this before we leave here today.
- **Negotiate an agreement:** If I let you . . . now, when will you . . . ?
- **Follow through:** Time to ... What was our agreement?

Based on the Positive Discipline books and materials written by Jane Nelsen and Lynn Lott

Positive Discipline Association, www.positivediscipline.org

