



## 7 Things you can say instead of 'NO!'

Take a break from saying 'NO' and try some positive redirection strategies, use words with information and explain clearly what you expect and how the child could make a better decision. Try to connect with how your child is feeling or what they are trying to do.

1. **How about we play somewhere else?**

'How about we play with the slime on the table, you could even use your art smock!'

2. **Let's try something different?**

'Let's try driving the toy car on the floor instead'

3. **Let's think about this.**

'Let's think about how we could do that a different way'

4. **I can help you.**

'I can help you, let's just think about our choices'

5. **Do you think?**

'Do you think we could do that differently?'

'Do you think that is the best idea? Could we find a safer way?'

6. **Offer some choices.**

'We can either put our shoes on now and go for a walk or we can get our coat first'

7. **I have an idea.**

'I have an idea, why don't we use our pencils for colouring instead of throwing'

**Always explain the child's actions and redirect to positive behaviour, for example:**

**Explanation:** 'Please do not throw the pencils, that could really hurt our friends or break our things.'

**Redirect:** 'I have an idea, why don't we use our pencils for colouring instead of throwing them. Would you like to draw a picture with me?'