

PEACHY PARENTING LLC

# 8 WAYS TO SAY "NO" TO CHILDREN

*For parents whose children are  
allergic to the word 'no'.*

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# 5 WAYS TO SAY "NO" TO CHILDREN

*Are your children allergic to the word no?  
Try these!*

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- I know you want \_\_\_\_, but it's not safe. You can play with \_\_\_\_ instead.
  - I can see you are having fun taking all of the clothes out of the drawer. Let's keep them inside and take the shapes out of the bucket.
  - Hitting hurts. Let's make sure we use our hands for helping and hugging!
  - Your feet don't belong on people, they belong on the floor.
  - Toilets have so many icky germs, let's play with the water in the tub at bath time!
  - These snacks are for me, I can make you your own snack.
  - I know you want to stay up later, but getting a certain amount of sleep helps you grow. Maybe on Friday.
  - I know you want more iPad/phone time, but we have to protect our eyes from the screen. Let's play something else!
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