

## Different Ways to Say “NO”

Children need to know what they should and should not do and say. *One* way parents teach is by saying “no” when a child is doing something wrong. Try different and creative ways to say “no” to a child.

☹️ “That is not an option.”

☹️ “I will not .....

☹️ Say it in a funny way, like “Never in a million trillion years!”

☹️ Say, “no, no, no, no, no!”

☹️ “I am not ready for you to do that yet.”

☹️ For a younger child, use distraction.

☹️ Ask the child, “What do you think I would be willing to do before I would say yes to that?”

☹️ Ask the child, “What do you think? Is this a good thing for you to do?” *(If you choose this response, make sure you will allow you child to do what he wants.)*

☹️ If a child has something you do not want him to have, say “That is not a toy.”



☹️ Ask, “What else can you do?” or “What else can you say?”

☹️ “No, but I would be willing to .....

☹️ “I appreciate your asking, but.....”

☹️ “Walls are not for coloring. Here is a piece of paper.”

☹️ Tell them what to do instead. For example, “Water needs to stay in the tub. It makes the floor slippery.”

☹️ “You cannot do this. I’m sorry.”

Just telling a child “no” does not teach him what to do or say. Children need direction. They need to learn to make good decisions. The best way to teach is to use the words that you want them to use.

Call the Parent Help Line. We listen. We can find you help.  
544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.