

WHAT TO SAY IN THE MOMENT

A Parent Script Bundle for Big Feelings, Behavior & Everyday Parenting
Moments

Simple, supportive scripts for parents of toddlers & preschoolers

**When your child is struggling, the words you use matter more
than you think.**

In hard moments, many parents don't need more advice. They need
simple words they can actually use.

When emotions are high, it's easy to:

- ♡ repeat yourself
- ♡ raise your voice
- ♡ feel frustrated
- ♡ not know what to say

But the right words can help your child feel:

- ♡ safe
- ♡ supported
- ♡ understood
- ♡ ready to learn over time

**This guide gives you simple, real-life scripts to help you respond with
more calm, confidence, and connection.**



A Simple Shift That Changes Everything

Many behavior struggles become easier to understand when we stop asking:

“How do I stop this behavior?”

...and start asking:

“What is my child trying to communicate, and what skill do they need help with?”

When we teach the skill behind the behavior, change becomes more possible.

Young children often need support with:

- ♡ emotional regulation
- ♡ communication
- ♡ frustration tolerance
- ♡ transitions
- ♡ impulse control

**Your child isn't giving you a hard time.
They are having a hard time.**

How to Use These Scripts

These scripts are not about being perfect.

They are here to help you feel more prepared in the moments that feel hardest.

Use these phrases to:

- ♡ connect before correcting
- ♡ stay calm while holding the limit
- ♡ teach emotional skills over time
- ♡ reduce power struggles
- ♡ support behavior through coaching,
not just reacting

Reminder:

You can be loving, calm, and clear all at once.
Connection and boundaries can happen together.



What to Say During a Tantrum

When your child is overwhelmed, they need your calm more than more words.

Try saying:

- “You’re having a hard time right now.”
- “I’m here with you.”
- “It’s okay to feel upset.”
- “I won’t let you hurt me or throw things.”
- “Your feelings are okay, I’m going to help you stay safe.”
- “When your body is calm, we can figure this out together.”

During a tantrum, focus on safety, calm, and fewer words.

What to Say When the Behavior Is Not Okay

Children can have big feelings.
But unsafe behavior still needs a clear limit.

Try saying:

- “I won’t let you hit.”
- “I won’t let you throw that.”
- “Blocks are for building, not for throwing.”
- “It’s okay to be mad, it’s not okay to throw.”
- “I’m moving this to keep everyone safe.”
- “You can be upset, and I will still help you make a safe choice.”

Feelings are always okay.
Unsafe behavior is not.

Stay calm, set the limit, and follow through.



What to Say When Your Child Isn't Listening

Young children often aren't ignoring you on purpose.

They may need support, not repeated directions.

Try saying:

- “Come close so I can help you hear me.”
- “I’m going to say it one time, then help you.”
- “First shoes, then we can play.”
- “Let’s do it together.”
- “Your body needs help getting started.”
- “I’m here to help you follow through.”

Short, calm, clear directions work better than repeating.

What to Say During Hard Transitions

Transitions can feel big for little kids. Stopping something fun, leaving somewhere, or changing routines can quickly trigger resistance.

Try saying:

- “It’s hard to stop when you’re having fun.”
- “Two more minutes, then it’s time to clean up.”
- “You can hold my hand or hop to the car.”
- “I’ll help you through this transition.”
- “You’re allowed to be disappointed, and it’s still time to go.”
- “We can be upset and still move forward.”

Predictability + connection can make transitions easier over time.



What to Say at the End of a Hard Day

Many bedtime struggles are really a sign of overwhelm, tiredness, or a nervous system that needs help settling.

Try saying:

- “Your body looks tired, let’s slow down together.”
- “You had a big day, I’m here to help you settle.”
- “Let’s take a deep breath together.”
- “You are safe, loved, and it’s time to rest.”
- “I’ll stay close while your body calms down.”
- “Let’s help your body feel ready for sleep.”

Overtired behavior is often overwhelm, not defiance.

What to Say After You Lose Your Patience

No parent gets it right every time.
Repair is not a weakness, it’s part of healthy parenting.

Try saying:

- “I’m sorry I raised my voice.”
- “That wasn’t the way I wanted to talk to you.”
- “You didn’t deserve to be yelled at.”
- “I’m still learning too.”
- “Let’s try that again together.”
- “We can both have hard moments, and we can repair.”

Repair teaches safety, trust, and emotional health.



Remember This in the Hard Moments

When behavior feels overwhelming, come back to these reminders:

- ♡ Connection helps your child feel safe enough to learn
- ♡ Boundaries still matter
- ♡ Feelings are okay
- ♡ Unsafe behavior is not okay
- ♡ Calm helps the brain learn
- ♡ Repetition builds emotional skills
- ♡ Progress takes time
- ♡ You do not have to be perfect to be a safe parent

You are not just managing behavior.

You are teaching skills for life.

Children aren't born with these skills. They build them, one moment at a time.

Keep Supporting Your Child's Emotional Growth

You do not have to do this alone.

Every calm response, every repair, every moment of connection is helping your child build emotional skills they will use for life.

Small, consistent support matters more than perfect parenting ever will.

If you want more simple tools for everyday parenting moments, I've created additional resources to support you.

Explore more tools and support for everyday parenting moments

Explore the Parent Resource Library as well as my books

