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| **What I might usually say** | **What I will try to say** |
| These are common statements we use when children are upset or displaying challenging behaviours…    “You need to stop”  “Use your words”  “You hurt…. that makes me sad”  “We are all friends at kindy”  “say sorry” | These are alternate statements we can use that will start to support new responses and self-regulation….  “when you are ready, I can help you”  “when you are ready, we can have a cuddle”  “are you ok?”  “I can see you are sad/ angry… that’s OK”  “can you tell me what you need”  “how did / do you feel?”  “…… feels unsafe right now because you hit them”  “what can you do to help them feel safe again?”  “you don’t have to be friends, but we do need to be kind / respectful” |