

Positive Language Alternatives to tame a child's tantrum

Calm Down.



How can I help you?

Stop crying.



I can see this is hard for you.

You're okay.



Are you okay?

Be quiet.



Can you use a softer voice?

Don't hit.



Please be gentle.

Stop yelling.



Tell me what happened.

Don't get upset.



It's okay to feel sad.

That's enough.



Do you need a hug?

I'm over this.



I'm here for you.

