

QUIPS

QUICK PARENTING PHRASES

QUIPS - Quick Parenting Phrases helps your child identify feelings, build skills, and reduce stress by using quick, easy phrases that promote empathy, connection, and awareness. Print these cards and keep them in your pocket or purse (or hang them on your fridge) to serve as a helpful guide and reminder.

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Hands are for helping.

Be sweet, loving, and kind.

Name your feeling (I feel).

Thank you for telling me about it.

Use a kind voice to ask me.

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Create Your Own Quips

Look with your eyes, not your hands.

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Focus and finish!

We can figure it out together.

Smell the flowers! (Breathe In)

I bet you're feeling really _____.

What are you feeling _____.

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Create Your Own Quips

Throw your whines out the window.

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Your feelings are your feelings!

Try that another way.

Show me your pretty face!

I wonder why they reacted that way?

Help me understand...

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Get Curious, Not Furious.

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Thank you for using your words!

Tell me what you need.

Breathe like you're swimming.

You're feeling unsure right now.

Tell me what's worrying you?

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I like it when you listen to me.

I'm on your team!

What your sister/brother is feeling?

Why do you think she/he looks mad?

We can do this together.

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We can figure it out together.

You did it! You _____.

Let's take a break together.

Let me know if you need help.

Help me understand...

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