

# REFRAMING BEHAVIOR

**Behavior is a communication.** Changing the way you communicate with your children starts with changing the way you speak about their behaviors. These examples contain a fear-based statement about typical behavior challenges and a conscious reframe to help you shift your perspective and remove the negative charge by stating the problem without blame, shame, judgment, or guilt.



My toddler is defiant and aggressive.



**My toddler is having trouble following rules and controlling his impulses.**



My preschooler screams when she doesn't get her way.



**My preschooler is learning that things don't always go our way and it feels bad.**



My child never listens when I talk.



**My child is having challenges paying attention to me when I talk.**



My child has a smart mouth and is always disrespectful.



**My child needs practice and support expressing his thoughts.**



My teen has an attitude problem.



**My teen is struggling to express her feelings and opinions.**



My kids argue ALL the time and fight about nothing.



**My kids disagree often. They have strong feelings about how things should go.**

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**Practice:** Think of the behaviors your child exhibits that you find most challenging. Without censoring yourself, write a sentence to describe the behaviors and enter it into the negative ( - ) column. Using the model in the examples above, rewrite the behavior challenge without blame, shame, judgment, or guilt in the positive ( + ) column.

			

			

			