

# Positive Parenting Phrase Bank

A quick-reference guide to positive phrases that encourage cooperation, respect, and emotional intelligence in children.

Use these phrases daily to replace commands, criticism, or vague instructions with language that teaches, guides, and motivates. Consistency is key—pick a few to start and build from there.

Category	Positive Parenting Phrases
Emotion Acknowledging	"I can see you're feeling..." "It's okay to feel..., but it's not okay to..." "I understand you're..."
Encouraging Cooperation	"Let's try that again." "Let's solve this together." "When you... then we can..."
Building Confidence	"You worked really hard on..." "I believe you can..." "Thank you for..."
Setting Boundaries	"I need you to..." "That choice isn't okay because..." "Keep your hands gentle with..."
De-escalating Conflict	"Let's take a break and come back to this." "Let's take a deep breath together." "I'm here to help you."

Tip: Keep this sheet on your fridge or in a visible spot so you can grab a phrase quickly during high-stress moments.