

Stop Whining! Talk Like A Big Kid!



How Will Talking Like a Big Kid Help My Child?

Talking like a big kid means using words and a pleasant tone. It helps your child say exactly what he wants or needs in a way that does not irritate others.

What Can I Do?

When your child starts whining:

1. Stop what you are doing and look calmly at your child.

2. Remind your child to talk like a big kid.

Example, say: *"Please say that again talking like a big boy."*

3. Demonstrate the words and tone to use.

Example, say: *"If you want me to push you on the swing, say: Dad, will you please push me on the swing?"*

4. When your child talks like a big kid, comment on how helpful it is.

Example, say: *"WOW! Good job. I like it when you use your big boy words. I can really understand what you want."*

Notes & Tips for my child...

Rewards for Life!

Teens and adults are more likely to be understood when they state what they need or want using an appropriate tone. Clear communication develops healthier relationships.

These are general guidelines, not medical advice, for children ages 3 years and older. Consult a physician or mental health professional for specific problems or concerns about an individual child.

For more ideas and resources to help develop children's social-emotional skills and healthy decision-making visit AcornDreams.com, a service of Wingspan, LLC.

