Ways to Say “No” Positively

The fewer "no's," the better your day goes.

"No" is a powerful word, quick on the lips, easy to say. Your child will hear you use this word often, and you will hear it from your child as well. It's necessary for a parent to say "no" to a child so the child can later say "no" to himself. Some tips how to use this negative little word to teach positive messages.

- Children need clear rules, boundaries and routine:
  Children accept our NO because they feel our deeper YES. They will do almost anything we request if we make the request with a loving heart. Find a way to say YES instead of NO even while you set your limit.
- Be consistent.
- When you say no, mean no : Avoid initiating a power struggle
- If you make promises keep them.
- Rules should be simple and clear.
- Strike a Balance between ‘yes ‘and ‘no’:
  Too much no’s cripple a child’s self-discipline. If his whole day is full of "no's," the child believes the world is a negative place to be and will grow up a negative person. The real world will always be full of yeses and no's. In many homes, children soon learn who the yes parent is and who's more likely to say "no".
- Use Creative Alternatives To "No"
- Master "The Look": You can often correct a child without saying a word. Master disciplinarians use a look of disapproval that stops the behavior, but preserves the child's self-image.
- Talk about what you want rather than what you don't want.
- Name the behavior don't label the child.
- BE KIND AND FIRM: Children accept our requests when they realize, through experience, that the limit is firm.

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