

FAMILYDECODE · FREE PRINTABLE

What to Say Instead — Cards

Gentle, connection-first phrases for the hard parenting moments.

- Swap reactive words for calm ones
- Cut out and keep on the fridge
- Small changes, big difference

What to Say Instead

Cut along the lines. Keep a few where you'll see them.

INSTEAD OF

"Stop crying."

TRY

"It's okay to feel sad. I'm right here."

INSTEAD OF

"Calm down."

TRY

"Let's take a big breath together."

INSTEAD OF

"Be careful!"

TRY

"Notice how those steps are slippery."

INSTEAD OF

"Good job!"

TRY

"You worked so hard on that."

INSTEAD OF

"Don't hit."

TRY

"Hands are for gentle. Tell me you're mad with words."

INSTEAD OF

"Because I said so."

TRY

"Here's why this matters to me..."

INSTEAD OF

"Hurry up!"

TRY

"What do we need to do next?"

INSTEAD OF

"You're okay."

TRY

"That was a big fall. I'm here with you."

FAMILYDECODE

You've got this.

This is one of 30+ free FamilyDecode printables made to take one hard family moment and make it a little easier.



- Routine & bedtime charts
- Feelings & calm-down tools
- Chore charts by age
- Milestone & potty trackers
- Travel checklists & activity packs

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