

DON'T—PLEASE DO!—ANSWER SHEET

Read the NEGATIVE statement on the left. Rewrite the statement so that it tells the child exactly what TO do, rather than what NOT to do. Turn the negative statement into a positive one. Do not make it a power struggle statement by using "I" or "You". The first statement has been completed for you, as an example.

NEGATIVE STATEMENTS:

1. "Don't sit on the counter."
2. "Don't stand on the seat."
3. "Don't you ever clean your room?"
4. "Can't you clean-up this mess?"
5. "Don't ignore me when I'm talking to you."
6. "Don't hit the table again."
7. "Don't make so much noise with your feet."
8. "Don't hit your brother again."
9. "Behave yourself!"
10. "You are a messy little pig!"

POSITIVE STATEMENTS:

1. "Please sit on the chair."
2. "Please sit on the seat."
3. "It's time to put your toys away."
4. "Please put your crayons in the box and the papers in the garbage."
5. "Please look at me when I'm talking to you."
6. "Please fold your hands in your lap."
7. "Please hold your feet still."
8. "Let's go read a story."
9. "You'll need to stop crying now!"
10. "Doesn't it look nice when your toys are put away."