

INFLUENTIAL LANGUAGE

for Brain-Ready Homes

Quick Support Scripts for Real Parenting Moments

WHEN YOUR CHILD IS UPSET

(Help the nervous system settle first)

"You're feeling upset. AND no upset feeling lasts forever."

"And that means you are going to feel better very soon."

"Continue breathing and calm down now."

"Go to a better feeling now."

WHEN YOUR CHILD IS RESISTING OR SAYING "NO"

(Decrease resistance before correcting)

"It is safe for you to respond to me when I give you an instruction from now on."

"Stop talking and do your work now."

"You're in a rebellious mood. Go to a better one."

WHEN YOUR CHILD NEEDS TO FEEL SAFE

(Create emotional safety first)

"It is safe for you to sit down and do your assignment now."

"It is safe for you to respond to my instructions from now on."

"Calm down now and you will be safe here."

"You are loved and lovable no matter what happens."

✨ WHEN YOU WANT TO SHIFT THEM INTO A LEARNING MOOD

(Create readiness before performance)

“Are you ready to learn something new and useful?”

“How do you know when you’re in a productive mood to get all your work done?”

“What is it like when you’re in a productive mood to complete all your work?”

🧠 WHY THIS WORKS

When children are emotionally upset, reactive, or overwhelmed, the emotional brain often becomes more active than the thinking brain. During these moments, words, tone, and body language have a powerful influence on how safe the child feels.

These phrases are designed to:

- lower resistance
- increase emotional safety
- reduce power struggles
- and help the nervous system settle

A calm, firm, gentle tone helps the brain feel safer and more open to cooperation.

It is also helpful to:

- stand slightly off-center instead of directly in front of the child
- use non-threatening body language
- avoid crowding or escalating
- and give the brain time to reset

After giving the instruction, calmly step away while keeping a discreet eye on the child to make sure they remain safe.

💡 BRAIN-READY REMINDER

Children respond better when they feel:

- emotionally safe
- connected
- understood first

Connection before correction helps the brain stay open to learning.

QUICK PARENT NOTE

Ask questions that lead toward the result you want.

Instead of:

“Why aren't you doing your homework?”

Try:

“What's it like when you're really ready to get your homework done?”

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INFLUENTIAL LANGUAGE

for Brain-Ready Parenting

Words that help your child feel safe, regulated, and ready to cooperate.



WHEN YOUR CHILD IS UPSET

Help the nervous system settle first

- You're feeling upset. AND no upset feeling lasts forever. And that means you will feel better soon.
- Continue breathing and calm down now.
- Go to a better feeling now.



WHEN YOUR CHILD IS RESISTING

Decrease resistance before correcting

- It is safe for you to respond to me when I give you an instruction from now on.
- Stop arguing and calm down now.
- You're in a rebellious mood. Go to a better one.



WHEN YOUR CHILD NEEDS TO FEEL SAFE

Create emotional safety first

- It is safe for you to sit down and do your assignment now.
- It is safe for you to respond to my instructions from now on.
- Calm down now and you will be safe here.
- You are loved and lovable no matter what happens.



WHEN YOU WANT TO SHIFT THEM INTO A LEARNING MOOD

Create readiness before performance

- Are you ready to learn something new and useful?
- How do you know when you're in a productive mood to get all your work done?
- What is it like when you're in a productive mood to complete all your work?



BRAIN-READY REMINDER

Children respond better when they feel:



Emotionally Safe



Connected



Understood

Connection before correction helps the brain stay open to learning.