

How to Talk so Little Kids Will Listen

by Joanna Faber, Julie King

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Name the feeling first**

Before giving a correction, say one sentence that proves you understand the child: You really wanted that, or You are so disappointed.

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⁰² **Offer two acceptable choices**

When a limit is non-negotiable, give control over the how: red cup or blue cup, hop to the car or fly to the car.

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⁰³ **Turn one transition into play**

Pick a daily friction point and add a game: race the timer, tiptoe like mice, or let a stuffed animal give the instruction.

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⁰⁴ **Grant the wish in fantasy**

When the answer is no, exaggerate the wish kindly: You wish we could buy every cookie in this store and build a cookie castle.

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⁰⁵ **Invite tiny problem-solving**

Use the phrase We have a problem, then ask for ideas. Write down silly ideas before choosing one workable next step.

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⁰⁶ **Repair after you snap**

Return with a short apology: I yelled. That was too much. The rule still matters, and I will try again more calmly.