



conversation  
*guides*

**PRACTICE SCRIPTS  
FOR PARENTS**

So you can stop unwittingly  
contributing to your children's fighting.

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*This booklet contains four*

parent pitfalls and corresponding

Positive Discipline scripts:

**Denying feelings, comparing,  
labeling, and praising (DCLP).**

Practice these scripts with a  
sincere tone of voice (**Kind AND  
Firm at the same time**) and see  
sibling tensions fade to a dull roar.



# Be Willing to Explore

Your first step is to notice how one or more of these DCLP responses have become common practice – for me, it’s been denying feeling – once your “go to” response is established, it takes conscious effort to change.

First step NOTICE. Next, tackle one response, and zero in on the script below. Write it on a sticky note and put into action at your next opportunity.

As with anything new, your willingness to explore, practice, and be open to change, will allow your words to flow more naturally over time.

These scripts will come alive with your personal touch – your voice and your personality. Because, let’s face it, our kids are brilliant at sniffing out the bull\*\*\*\*. So, it’s important to be authentic.

## Things to Keep in Mind

- **Tone matters A LOT.** It’s not so much WHAT you say, as HOW you say it. If a script isn’t working, ask yourself “Is my tone congruent with my words?”
- **Use body language to your advantage.** Get down to your child’s level and remember to make eye contact.
- **Remember the energy mirror.** When we’re calm, our child is more likely to reflect that energy. When we’re stressed, our children will be on high alert and yes, stressed!
- **Be gentle, but persistent with yourself.** Don’t be surprised if a script doesn’t work on your first go. Try, try, again. Kids need time to adjust to your new behavior. Once they trust this change is for keeps, they’ll be more likely to get on board.
- **Lastly, tell me what you think about the SCRIPTS as a tool.** Would you like to see scripts for other challenging moments? For a variety of age groups, etc.? Your suggestions and feedback help me to better serve you!

# OK. Let's get started.



## PITFALL #1: Denying feelings

- Child:** Mommy, you're always with the baby, and never do anything with me.  
**Mom:** That's not true – didn't I just read you a story?
- Child:** Brother's being mean to me. He says I'm just a big baby!  
**Mom:** Oh, just ignore him – you know better than that.

### WHAT TO DO INSTEAD → Acknowledge feelings without fixing

- Child:** Mommy, you're always with the baby, and never do anything with me.  
**Mom:** You don't like my spending so much time with the baby do you?
- Child:** Brother's being mean to me and said I'm a big baby.  
**Mom:** Oh Sweetie, that sounds like it really hurt your feelings.

## PITFALL #2: Comparing

- Child:** I cleaned up my mess, but sister left hers there.  
**Mom:** You're my big boy – you don't leave your things lying around like your sister.
- Child:** I don't want to help with the dishes.  
**Mom:** Why is it that your brother's always willing to help, but you aren't?

### WHAT TO DO INSTEAD → Describe what you see, feel, or the problem.

- Child:** I cleaned up my mess, but sister left hers there.  
**Mom:** I see you picked up your blocks, your truck, and even put away your puzzle pieces.
- Child:** I don't want to help with the dishes.  
**Mom:** I know I can't make you<sup>1</sup>, but the dishes need to be cleaned. I could really use your help. Would you like to wash or dry.

<sup>1</sup> "I know I can't make you" seems like a counter intuitive thing to say when you're going for cooperation with your kid. However, in my experience and parents that I work with, this phrase can work like magic. First, you have to really mean it when you say it, it's not resignation but recognition of the truth. We can't MAKE our kids do something (you can lead a horse to water but you can't make him drink)– it doesn't work. By saying "I know I can't make you", you give your child the chance to see you as a human being and to feel some responsibility – you take the power struggle out of it. Give it a try!

### PITFALL #3: Labeling

**Child:** Mom, look at my picture!  
**Mom:** Oh Pumpkin, you're our creative one – my little artist.

**Child:** Dad, Jenny said that I'm stupid.  
**Dad:** Jenny, stop being such a bully!

#### WHAT TO DO INSTEAD → Describe the behavior – show faith.

**Child:** Mom, look at my picture!  
**Mom:** You love to draw – what's your favorite part?

**Child:** Dad, Jenny said that I'm stupid.  
**Dad:** Teasing is hurtful. If we put our heads together I bet we can come up with a solution.

### PITFALL #4: Praise

**Parent:** You're such a good boy!  
**Parent:** I love that you did it just the way I told you to. I'm so proud of you.  
**Parent:** Wow kid, all A's, that's fantastic. Keep up the good work.  
**Parent:** You did it just like I told you. Good for you.

#### WHAT TO DO INSTEAD → Encourage by appreciating, showing faith and empowering.

**Parent:** I appreciate your help.  
**Parent:** It took a lot of courage to speak up for yourself. You must be proud of yourself.  
**Parent:** You've worked so hard this semester. What's been most interesting to you?  
**Parent:** I have faith in you to figure out what's best for you. I trust your judgment.



# Thanks!

I'd love to hear about your experiences using these scripts. Email me — [lisa@lisafullercoaching.com](mailto:lisa@lisafullercoaching.com) — your stories, comments, and any suggestions you have for other challenging scenarios where you'd like a hand.

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The content for these scripts is supported by *Siblings Without Rivalry* by Faber & Mazlish and *Positive Discipline* by Jane Nelsen.

## Hello, I'm Lisa Fuller

I facilitate [parenting classes](#), run [Daring Way™ groups](#) and [coach 1 to 1](#) on how to find greater clarity around the things that matter most to you.

I believe that life is precious and that it's never too late to make changes to be the parent and person you want to be.

Please feel free to share this document — just be sure to keep my contact information intact.