



conversation  
*guides*

**MORNING  
DEPARTURE  
GUIDE**

Practice scripts for parents,  
so that getting out of the house  
is a wee-bit easier.

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*This booklet contains four*  
easy-to-use Positive Discipline  
practice scripts for two common  
parenting pitfalls: **Firm and Mean**  
and **Kind and Squishy**. Practice  
these scripts with a sincere tone  
of voice (**Kind AND Firm at the  
same time**) and, your children will  
become more cooperative and  
joyful as your family starts the day.



# Be Willing to Explore

Is it humanly possible to have a busy morning without the stress of uncooperative children? Absolutely! There's a way to approach this intensely charged moment with a few conversational tools to keep your kids moving out the door and on with their day.

As with any talking guide, your willingness to explore, practice, and be open to change, will allow the 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 are calm, our child is more likely to be calm.
- Be gentle 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 will 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 times? for a variety of age groups, etc.? Your suggestions and feedback will help me to better serve you!

# OK. Let's get started.

First you'll find the two typical scenarios, then the four scripts.

## Pitfall #1: Firm and Mean

- Dad:** "It's time to go, Johnny – let's get going."
- Kid:** "I'm not ready."  
(Johnny is working on his Lego project.)
- Dad:** "Johnny, I warned you five minutes ago and now it's time to go – get your shoes on now."
- Kid:** "In a minute..."
- Dad:** "We go through this every morning and I'm sick and tired of it. If you're not in the car in one minute I'm leaving without you!"
- Kid:** (nothing – ignores)

## Pitfall #2: Kind and Squishy

- Mom:** "It's time to go Johnny. Come on, let's get going Sweetie."
- Kid:** "I'm not ready."  
(Johnny is working on his Lego project.)
- Mom:** "Sweetie, school starts soon. You were late yesterday. You don't want to be late again do you honey?"
- Kid:** (No response)
- Mom:** "Please, please, please honey, you're teacher's going to be really mad at us!"
- Kid:** (No response)
- Mom:** (Mom let's out a huge sigh, exasperated, and walks away.)

# Script #1



## Kind and Firm AT THE SAME TIME

In this “I love you AND...” script you say what’s true, even though you might not be feeling it in the moment, and then let your child know what’s happening next with a clear expectation.

- Dad:** “It’s time to go to school, Johnny.”
- Kid:** “I’m not ready.” (Johnny is working on his Lego project.)
- Dad:** Dad gets on child’s level, catches Johnny’s eye. “I love you AND it’s time to go to school.”
- Kid:** “But I’m not ready.”
- Dad:** Dad calmly repeats this phrase, “I love you AND it’s time to go to school.”

Dad repeats this in a loving calm voice for as long as it takes.

# Script #2

## Kind and Firm AT THE SAME TIME

**Playful non-verbal signal** – The previous night Mom and Johnny brainstormed solutions around their morning struggle. Johnny liked the idea of Mom using **non-verbal signal** with him. He came up with the cool idea of having her running in place where he could see her. Together, they decided that when Mom did the running-in-place motion, Johnny would stop his activity and get his shoes on.

- Mom:** “It’s time to go to school, Johnny.”
- Kid:** “I’m not ready.” (Johnny is working on his Lego project.)
- Mom:** (Keeps mouth closed and moves close to Johnny playfully doing the running-in-place motion they agreed on.)
- Kid:** “But I’m not ready yet.”
- Mom:** (Keeps running.)
- Kid:** “But Mom...”
- Mom:** (Keeps running.)

# Script #3



## Kind and Firm AT THE SAME TIME

### Limited Choice

- Dad:** “It’s time to go to school, Johnny.”
- Kid:** “I’m not ready.”  
(Johnny is working on his Lego project.)
- Dad:** “Would you like to save your project for when you get home this evening or put it away so you can start fresh next time?”
- Kid:** (Doesn’t respond.)
- Dad:** (Gets down on his level and gently puts his hand on his back making eye contact) “Would you like to save your project for when you get home this evening or put it away so you can start new?”
- Kid:** “Okay Dad – I want to save it for tonight.”

# Script #4

## Kind and Firm AT THE SAME TIME

### Give your child the opportunity to feel useful – give them job.

- Mom:** “It’s time to go, Johnny. Come on, let’s get going Sweetie.”
- Kid:** “I’m not ready.”  
(Johnny is working on his Lego project.)
- Mom:** “Oh, Johnny, check this out...I could really use your help over here.”
- Kid:** “Really?” (Johnny looks up with curiosity and starts to move towards Mom).
- Mom:** “Yes. Of all these bags, which do you think you can carry? I really appreciate your help.”

# Love these scripts and want more?

Here are three ways you can keep going...

1. If you haven't already done so, sign up for my **free monthly e-message**.
2. **Register for a Parenting with Positive Discipline series**. Join me and a group of like-minded parents to learn and practice PD tools — start making headway in solving your greatest parenting challenges. **Visit my website to learn more**.
3. **Pull up a comfy chair for Office Hours**. During our 30-minute phone conversation, we'll explore what's toughest for you. **Grab a chair by sending me an email**. 1st meeting's FREE.
4. **Organize a Positive Discipline evening** at your school or library. **E-mail me** to find a date!

## And!

If this Conversation Guide — or any of my blog posts — lightened your load, made you laugh, or helped you plant your parenting feet more firmly on the ground, **let me know** about it.

**Know that, to your child, you are the most important person in the world.**

Feel free to republish sections of this Conversation Guide. Just be sure to include my full name and kindly link back to my website, [lisafullercoaching.com](http://lisafullercoaching.com).

## About Lisa Fuller

I am a parenting and life coach, working since 2005 to help parents find joy and moments of peace, in the midst of the chaos. The journey of raising my own three wonderful, challenging children and a love of learning, have deeply grounded my practice. I am a trained social worker, Positive Discipline Trainer and, a Certified Professional Co-Active Coach. My experience as a parent and coach has taught me that, even in the smallest interactions, the world is a better place when adults and children strive to treat each other with love and respect.