Expectation Swap Cards

Small changes in what we say, so children don't have to hide who they are

Eye contact

INSTEAD OF
"Look at me when I'm talking to you."

TRY
"You can look wherever helps you listen."

Sitting still

INSTEAD OF
"Sit still. You're too old for that."

TRY
"Find a way to wait that works for your body."

Quiet hands

INSTEAD OF
"Quiet hands."

TRY
Let it be, unless it's unsafe. Then offer a safe swap.

Joining in

INSTEAD OF
"Go and play with the other kids."

TRY
"You can watch first, or play beside them."

Big interests

INSTEAD OF
"Nobody wants to hear about that again."

TRY
"Tell me one thing, then it's my turn."

"I'm fine"

INSTEAD OF
Taking "I'm fine" at face value.

TRY
"You did a lot today. Quiet time first?"

My swap

INSTEAD OF

TRY

My swap

INSTEAD OF

TRY