DEMAND AVOIDANCE

Phrase Swaps

Same goal, less pressure. Pick one swap for your hardest moment and practise it this week.



~~"Put your shoes on now."~~	→	"I wonder where your shoes are hiding."
~~"Tidy up your toys."~~	→	"I'm going to tidy. Want to race me?"
~~"Get in the bath."~~	→	"The bath is ready. Duck or boat today?"
~~"Eat your dinner."~~	→	"Dinner's here when you're ready."
~~"Put your hat on."~~	→	"I wonder if your hat wants to come outside."
~~"Say thank you."~~	→	"Thank you so much," said for both of you.
~~"Hurry up!"~~	→	"Shoes next. I'll do the first one."
~~"Stop playing now."~~	→	"Let's save it. I'll take a photo."
~~"Sit down for group time."~~	→	"Want the cushion or the chair today?"
~~"Brush your teeth."~~	→	"Let's brush together. Top or bottom first?"
~~"Why won't you listen?"~~	→	"That felt like a lot. Let's take a minute."
~~"You have to come now."~~	→	"The timer says it's time. Walk or hop?"

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DEMAND AVOIDANCE: FOR GROWN UPS

Check, Then Choose



Before you ask, check your child's battery. Then sort today's requests into must do and can wait.

Full battery

Invitations, choices and playful asks usually work. A good day to try something new.

Half battery

Keep it to must dos. Do tasks together. Let a timer or picture do the asking.

Low battery

Safety only. Food, water, quiet. Save every other request for later.

Must do today

safety and the few essentials

Can wait

let it go for now

My own swap

words that suit my child

Instead of: _____

Try: _____

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