

FOR NEURODIVERSE FAMILIES

Parenting Scripts

Sometimes It's really hard to know what to say when kids are acting out, freaking out, or zoning out. Here are some scripts to help you during challenging times, and when things are good.

Take a look →



Parenting Scripts



When your child is intense...

I really want to help you with this, but we can't problem-solve when we're upset because our thinking brains are offline. So, let's take a break until we're calm enough that our thinking brains are online to work on a solution.



When your child is working hard at something:

I can see that you're working really hard to



When your kid says something mean like, "I hate you:"

I can see how angry you are, but that language hurts my feelings. When you're able to be kind, let's talk about it.

OR

I can see that you're really angry. (Then wait as long as it takes for a response.)



When your child is frustrated:

I can see that you're frustrated. Sometimes _____ makes me really frustrated too.

Would you like help?



When your child says, "That's not fair!"

I know it feels unfair because you didn't get the exact same things, but fair doesn't mean equal. Fairness is when everyone gets what they need. *(You can add an example of when they got something different because that's what they needed.)*



When your child says, "I can't do it!"

You can't do it **yet**. I know that you can do hard things though. Remember when you *[give an example of when they succeeded at something that was hard for them]*? Keep working at it.



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When they're not in control of their body:

Wow! You have a lot of energy right now!

Let's [activity that helps them get the wiggles out, like jumping, dancing, running, cartwheels, etc...].



Your kid is telling you about something they're upset about:

It sounds like that makes you really [mad, sad, anxious, frustrated, etc...].

Are you telling me because you just want me to listen? Or are you telling me because you want my input?



Use declarative language instead of questions or explicit instructions:

I wonder...

I forget...

I noticed...

It's time for...



Declarative language examples:

I wonder what you should do.

I noticed you're missing something.

The cat looks hungry.



When your child breaks a family rule:

Remember when you agreed that, in our family, we [state the rule]?

What's going on?



When your kid says "NO" when asked to do something:

I hear you saying that what I've asked doesn't work for you or doesn't feel doable right now.

Can you tell me what is making you say no? I'd like to work together to figure this out.



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When your child comes to you with a problem:

Tell me more about it...

What do you think might be a solution?
(They may say "nothing," but there's rarely nothing one can do. Keep cueing them to think it through.)



When your kid is angry:

I can see that this is hard for you. It's okay to feel angry. I care about how you feel, and I'm here for you.

(Be sure your child knows that you love them even when they're not at their best.)



When your child is crying:

You must have really big feelings right now. It's natural to cry when your emotions feel too big.

Is there something I can do to help?



When your child is struggling with big emotions:

This feeling is uncomfortable, but it won't last forever. I know you can handle it and get through it. I'm here to help if you need me.

OR

Your emotions are signals. What are they trying to tell you?



When your child is stretching the truth:

I know that what you're telling me isn't real fact, but I also know that you're exaggerating to try to help me understand how you feel. Can you try to share your feelings instead?



When your kid left a mess behind:

I noticed that [what is out of place and where it is... "Your shoes are on the kitchen floor."].

Then WAIT for a response. If you engaged your kid's attention before using this script, they'll respond eventually, you just have to wait for it.



what's next?

There's more learning to be done and action to take, if you're ready.

Listen in to the [Beautifully Complex podcast](#) for loads of free resources.

Or, [take a course](#).

And, I'd love to have you in our membership community – [AnswerdIt!](#) – the ultimate resource to empower you with the tools and confidence to truly help your neurodivergent child.
It's knowledge, action, growth, and community all in one tool.

With heart,

