



Daily Worksheets

**Transform Meltdowns into
Moments of Connection**



DAY 2

 **Guide
& Grow**

 **Montessori**
parenting.org

 **Childhood
Potential**



Lucie Brixi Jamášová

Lucie is a mother of three (+two) and a passionate children's advocate. Through her NGO, Centrum Dialog, she provides education to underprivileged children in Kenya and Guinea. Lucie is the founder of the Childhood Potential Conference, Childhood Potential club, and the Montessori Parenting platform. She also leads the Guide & Grow brand and a vibrant online community of over 370,000 members, offering support to parents and educators worldwide. Committed to spreading Montessori principles, Lucie connects families with leading experts to create a brighter future for children globally.



Sylvia Arotin

Sylvia is an award-winning international speaker and trainer in early childhood education, with over 14 years of experience in Montessori teaching. She is the founder and director of My Montessori school (0-6 years) in Sydney, Australia. Sylvia's deep passion for children's learning, alongside her commitment to supporting parents and educators, inspired her to create the Guide & Grow brand. She holds Montessori 0-6 training, an International Communications degree, and a Masters in Teaching specializing in Early Childhood (Honours).

Challenge Day 2: Transforming Language to Transform Behavior

Today, we're focusing on the power of language in guiding your child's behavior. Words can either escalate a situation or foster cooperation and respect. In this worksheet, you'll practice reframing common phrases to encourage positive interactions and explore how intentional communication can lead to immediate shifts in behavior.

This worksheet will give you space to reflect on your current language, practice reframing common phrases, and develop a list of alternatives that better guide your child's responses.

Step 1 : Reflect on Your Communication

Let's start by examining the way you typically respond to your child. Answer the questions below to get a sense of your current communication style.

1. What are three common phrases you find yourself saying when your child isn't cooperating? *Example: "Stop that!", "No!", "Don't touch that."*

2. How do these phrases typically affect your child's response? *Example: "When I say 'No!' he often ignores me or gets upset."*



3. Are there any specific words or tones you notice yourself using when you're frustrated? *Example: "I tend to raise my voice and use 'don't' phrases."*

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Step 2: Reframe Common Phrases

Below are some common phrases that many of us use when managing challenging behaviors. Practice rewriting each one in a way that acknowledges your child's feelings and guides their behavior in a positive direction.

1. Common Phrase: "Stop doing that!"

Your Alternative: _____

2. Common Phrase: "Hurry up, we're late!"

Your Alternative: _____

3. Common Phrase: "Don't hit your sister!"

Your Alternative: _____

4. Common Phrase: "Be nice!"

Your Alternative: _____



Step 3: Identify Your Own Phrases to Reframe

Think about your daily interactions with your child. Write down a few common phrases you say, and practice rewriting them in a way that's positive and offers guidance.

1. Your Phrase:

Reframe:

2. Your Phrase:

Reframe:

3. Your Phrase:

Reframe:

Final Reflection

Consider how you might bring more intention to your language today. Write a sentence or two about how you'll incorporate positive communication into your interactions with your child.

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Thank you

for being with us for the Challenge!



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