



Say less. Connect more.

Your child's brain is already working hard. Turning some commands into questions can ease the load—and open the door to real connection.

Here's how:

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PAUSE

When you feel the urge to jump in with a direction—**pause**. Unless it's a real safety issue (think blood, outlets, or traffic), **let the moment unfold** and give your child a chance to learn.

OBSERVE

You know your child—but they're still whole people with their own thoughts, feelings, and surprises. Instead of assuming, **stay curious** and let them show you what's really going on.

PIVOT

Still need to speak up after the pause? Try **flipping your command into a question** — it invites your child into the moment instead of shutting things down. **Questions spark connection**, not just compliance.

Instead of: "Stop making a mess!"

Try: "Are you going to be able to clean that up all by yourself when you're done?"