

HOW TO RECONNECT WITH YOUR CHILD

16 MIRACLE PHRASES

Listen & Accept

Tell me how you're feeling.

I want to understand how you're feeling.

I love you, even when you feel angry.

It's okay to feel mad.

How can I help?

I can see why you feel ...

It looks like you're having a hard time. Tell me about it.

I can imagine you feel ...

Move Forward

Can I give you a hug?

Let's take a deep breath together.

I'm sorry for
Next time, I'll

Can we start over?

Will you forgive me?

Will you sit next to me?

Let's take a break and do something fun.

Let's go for a walk together.