



Resource 5

Finding Positive Ways to Talk About Your Children

Use these suggestions to guide you in finding positive and encouraging ways to talk about children.

Instead of . . .	Say . . .
“She talks too much.”	“She is very verbal.”
“She is a know-it-all.”	“She knows and remembers facts.”
“He asks too many questions.”	“He is curious about many things.”
“He has weird ideas.”	“He has creative and innovative ideas.”
“She is the class clown.”	“She has a keen sense of humor.”
“She is a bookworm.”	“She reads a lot on her own.”
“He tries to dominate everything.”	“He shows leadership abilities.”
“He is argumentative.”	“He is good at defending his position.”
“She always looks for the simple solution.”	“She is good at solving problems.”
“She is into everything.”	“She has many interests and collections.”
“He is so hyper.”	“He has a high energy level.”
“He is stubborn.”	“He is goal directed.”

Add other positive ways to talk with your children.

Instead of . . .	Say . . .