

Gentle Parenting Scripts for When Kids Don't Listen

**Calm words to use in hard
moments – without yelling or
guilt.**

Before You Speak

Take one slow breath.

Lower your voice.

**Get down to your child's level.
You don't need perfect words —
just calm ones.**

Instead of Yelling, Try This

- **“I won’t let you ignore me. I’m here when you’re ready.”**
- **“I see you’re busy. I need your attention now.”**
- **“You don’t have to like this boundary – it still stands.”**
- **“I’m going to help you follow through.”**
- **“I’m calm, and I mean what I say.”**

If They Still Don't Listen

- **Move closer**
- **Use gentle touch (hand on shoulder)**
- **Repeat once, calmly**
- **Follow through without arguing**
You don't need to convince –
consistency teaches more than
words.

A Gentle Reminder for You

You are not failing.

Skills take time.

**Calm is learned – not demanded.
Even when it feels hard, you are
doing important work.**