



Turning “No” into “Yes”

Sometimes you can stop your child from doing something you don't want her to do without saying “no.” Instead of saying no, you can **redirect** her behavior and offer her a different activity.



Here are some ways to redirect your child's behavior:

Tell or show your child a better choice.

If your child is about to knock down his brother's tower, you might say, *“Miguel, look! I see more blocks over there. Do you want to build your own tower?”* A gesture—without words—is sometimes enough, especially if you use it consistently.

Use a firm but gentle touch to redirect your child, especially if he is about to do something unsafe.

If your child is about to hit his brother, hold his arm gently. *“What happened? Is there something you want to say?”* This works especially well when your child is younger and understands language less.

Encourage your child whenever she chooses positive behavior.

Praise your child for making this choice. *“That was so kind of you. You let your friend have a turn feeding your baby doll.”*