



THE ULTIMATE GUIDE TO PEACEMAKER PARENTING SCRIPTS

SAMPLE SCRIPTS AND RESPONSES TO
COMMON CHILDHOOD BEHAVIORS



welcome

We're the Ericksons

We're the Ericksons and we're passionate about empowering families to grow and flourish with gentle, grace-based parenting tools. When it comes to parenting, we've noticed the pendulum can swing two ways: parent-centered parenting (which tends to be very controlling and authoritarian) and child-centered (which can lean towards being permissive). A few years ago we purposed to establish a Christ-centered parenting paradigm.

Our journey to parenting as peacemakers had many paths leading to it (including foster parenting and a very long wait for parenthood). We spent years unlearning and re-learning parenting strategies, and we know what it's like to know deep in your spirit what you don't want to do, and to wonder what in the world to do instead. This e-book will provide you with sample scripts that you can practice and customize to fit your family's values and the culture of your home. We hope and pray that it will equip you with confidence and compassion, and that your home and family will flourish.



BEFORE YOU BEGIN

We know, and want to make sure you do too, that not every script in this e-book is going to fit your personality and temperament. Similarly, your child may not respond well to some of the suggested responses. That's okay - in fact, it's normal! We're all created with different personalities, different needs for empathy, unique temperaments and love languages, and individual tolerances for interaction when we're stressed. The goal of this guide isn't to give you a list of guaranteed responses that will make your child obey, follow directions, or be kind. Rather, the ideas you'll find here are sample scripts that are designed to be a part of transforming YOU - the parent. As you build connection, trust, empathy, and kindness into your parenting toolbox you'll find that your children respond, not perfectly, but more consistently to confident, gentle guidance.

A gentle answer turns away wrath.

Proverbs 15:1

You may find at times you're "faking it til you make it". There's a time and place for that for sure, but it isn't a great long-term strategy. These scripts can be rehearsed and practiced until you've memorized them, but they'll only get you so far before you realize that confronting your parenting triggers and learning to regulate your central nervous system are a necessary part of changing your parenting approach. Yes, there is a spiritual aspect to this as well! Christ's Holy Spirit can and will do the work of cultivating His fruit in you (see Galatians 5). But you may find that one aspect of partnering with the Holy Spirit is doing emotional and physical work to cultivate peace in your mind and body. We have two workshops that can help you begin this process, our [Transform Your Parenting Triggers](#) and [Understanding Co-Regulation](#) workshops are a great place to start! But we also know from experience that seeking professional help, whether coaching, counseling, or therapy, can provide even more support as you seek to lead your family with gentleness and grace.

ONE LAST THING

If you're a human parent, and we're assuming you are, you're going to mess up. You'll forget the ideas in this e-book or you'll be too angry in the moment to access the tools you want to use. If you catch yourself reverting to your old parenting strategies, never underestimate the power of a do-over. "I don't like how I reacted to you just now, would it be okay if we try that again?" This simple phrase models self-compassion and accountability for your children, and helps create new, lasting changes in your brain!

Oh, and we've left a blank page at the end for you to write down scripts and responses that work well for your family!

confident, gentle guidance.

PEACEMAKER PARENTING SAMPLE SCRIPTS

WHEN YOUR CHILD...	AGE	TRY SAYING THIS...
INTERRUPTS	ANY	Your words are important to me. As soon as I _____, I will listen only to you.
WHINES	ANY	<ul style="list-style-type: none">• It sounds like you're having a tough time. What's up?• It seems like you're feeling whiny and sad, is that right? Do you need to cuddle or have a good cry? I'm right here to hold you.• I can tell you really want to be heard. Your words are important to me and it is hard for me to understand you. Why don't you use your regular voice? It helps me understand you better.• It sounds like you're feeling upset or overwhelmed, is that right? I have enough calm to share with you. Let's take a break and talk about this in a bit.• It sounds like you're frustrated. I want to help. Try saying that again with your normal voice so I can understand you.
SAYS "I HATE YOU!"	ANY	It sounds like your frustration is talking. You won't be frustrated forever. And I love you even when you're frustrated, and I will love you forever. Do you want help calming down, or do you want to be alone?

WHEN YOUR CHILD...	AGE	TRY SAYING THIS...
IS FIGHTING WITH A SIBLING OR FRIEND	<p>ANY</p> <p>5+</p>	<ul style="list-style-type: none"> Everybody freeze! Take a step back! Let's take a few deep breaths and then I want to hear from each of you what happened. It sounds like there's a story here. Who wants to tell their story first? This sounds important to both of you! Let's take a few deep breaths and then you can take turns explaining what happened. It sounds like you have a problem to solve together. I know you can find a solution that works for both of you. I'll be _____ if you need my help.
SAYS "I CAN'T DO IT!"	ANY	<ul style="list-style-type: none"> That stinks! What have you tried so far? I can tell this is tricky for you. What part isn't making sense yet? Sometimes when I feel stuck it helps if I take a break. It seems like you're frustrated because you can't do this YET. You're really trying. What can I do to help so that you can do this?
MAKES A MISTAKE	ANY	Everybody makes mistakes! It's how we learn.
IS YELLING	YOUNGER	<ul style="list-style-type: none"> Match my voice. Your volume is turned up so high! Let's turn it down. Let's count down from ten to zero. Together we will yell at ten, and slowly use a softer voice until we get to zero and it is just a tiny whisper.

WHEN YOUR CHILD...	AGE	TRY SAYING THIS...
IS YELLING	YOUNGER	<ul style="list-style-type: none"> Do you want to take your outside voice outside, or do you want to use your inside voice?
	ANY	<ul style="list-style-type: none"> I can tell you want to be heard. Let's talk about this in a few minutes when we're both ready to use our normal voices.
	OLDER	<ul style="list-style-type: none"> I can tell you're upset. Do you want a hug or to be left alone right now? We can come back to this once we've cooled down.
HITS/KICKS/BITES	ANY	<ul style="list-style-type: none"> It's okay to be angry. Its not, not, not okay to hurt someone. (From Daniel Tiger) You're so upset. I won't let you hit me, it's not safe. You may stomp your feet or hit a pillow. Or I can help you calm down so we can talk. I can tell you're angry! So angry you want to hit. I'm going to keep us safe, and I have enough calm to share when you're ready. You must be really mad. It's okay to be mad, but I cannot let you hurt others. I'm going to hold your hands to keep them safe.
DOESN'T WANT TO LEAVE	ANY	<ul style="list-style-type: none"> It's almost time to go. Pick one more fun thing to do, then let's go to the car. It's time to go! Do you want to jump to the car or walk like a crab? All aboard! The Mommy Train is leaving the station. Chugga Chugga...Choo Choo!

WHEN YOUR CHILD...	AGE	TRY SAYING THIS...
SAYS HURTFUL WORDS	ANY	<ul style="list-style-type: none"> • That sounds like your anger talking. I know this is important to you, and it is important to me too. Let's take a break until you are ready to talk.
	OLDER	<ul style="list-style-type: none"> • You must be so upset to say that. You have the freedom to say hard things. You can say whatever you need to say as long as you're respecting yourself and others. Do you want to take a break first, or try again right now?
DISOBEYS/MAKES A POOR CHOICE	ANY	<ul style="list-style-type: none"> • I know you like doing things by yourself! Do you want help with this or do you want to try it by yourself? • Woah! That's not what I was expecting! Try that again. (Offer a do-over). • What's your plan? (If collaboration is an option) • (With gentle firmness) I want to make sure you hear my firm voice. I know sometimes we are able to work together and you have more input. This is a time where you need follow my directions. I know you can!
IS HIGH ENERGY/WIGGLY	ANY	<ul style="list-style-type: none"> • You have a lot of energy! Let's play Red Light, Green Light! • Your body needs to move! Do you want to go for a walk or swing together? • I can tell you need to let some wiggles out! Let's have a dance party - you can choose the first song.

WHEN YOUR CHILD...	AGE	TRY SAYING THIS...
IS INVITING A POWER STRUGGLE	ANY	<ul style="list-style-type: none"> • Let's talk about this in a little while once we've had a chance to think about it. • Help me understand what's not working for you right now. • Hmm, we have a problem! I wonder if we can find a plan that will work for both of us? • Hey, could you use a hug right now?
IS STRUGGLING AND YOU DON'T KNOW WHAT ELSE TO SAY OR DO	ANY	<ul style="list-style-type: none"> • This is really hard for you right now. I understand. I'm here. • I can tell you're hurting so much. I want to help you. • I can tell you're really upset. I understand. Sometimes I have a hard time stopping things I enjoy too. • I can tell you're hurting. I know what it's like when things don't go how you expected. • This is big and hard right now. I will stay with you until this big wave passes. I'm going to take some deep breaths to help me stay calm so I have enough calm to share.
IS SCARED OR WORRIED	ANY	<ul style="list-style-type: none"> • You're safe. I'm here. • How big is your worry right now? I wonder if we can make it smaller. • Sometimes when I feel scared I remind myself that I can be scared and safe at the same time. • Do you want to snuggle until this worry passes? • Do you want to talk about it? • Let's take a few deep breaths together.

WHEN YOUR CHILD...	AGE	TRY SAYING THIS...
SAYS "YOU'RE NOT THE BOSS OF ME!"	ANY	<ul style="list-style-type: none"> • You're right, I'm not. You're the boss of you. And I am responsible for helping you be the best boss of you. • It sounds like you're wanting to make more choices and have more control, is that right?
IS SCARED OR SAD FOR YOU TO LEAVE	ANY	<ul style="list-style-type: none"> • I'll be back after snack time to pick you up and I can't wait to cuddle you! • I love snuggling you too, and I can't wait to snuggle you after nap time. • I am going to go run errands. Your teacher can call me any time if I need to get you before school is out. • I'm going to work. When I get home do you want to play together or read a book?
WANTS A TOY OR CANDY AT THE STORE	ANY	<ul style="list-style-type: none"> • We're only buying items on our list today • Would you like to add it to your wish list? • Would you like to take a picture so you can show Grandma?
WANTS TO BE LEFT ALONE	ANY	<ul style="list-style-type: none"> • I can tell you want to be alone. I'll be in the kitchen and ready to share my calm with you when you're ready. • I like to be alone sometimes too. When you're ready, come to the snuggle chair and I will be waiting for you.

WHEN YOUR CHILD...	AGE	TRY SAYING THIS...
<p>IS MISBEHAVING/DISOBEYING AND YOU HAVE STRONG FEELINGS.</p> <p>(HOW TO COMMUNICATE YOUR FEELINGS WITHOUT SHAME OR BLAME)</p>	ANY	<ul style="list-style-type: none"> • I've had this for a long time and I'm feeling sad that it's broken. • I feel frustrated because this mess is so big and my brain feels all scrambled and overwhelmed. • I'm feeling impatient because it's time to leave and I don't want your sister to have to wait too long for us to pick her up. • I'm feeling angry and disappointed because of unmet expectations. I'm going to take some deep breaths to calm down. • I don't really know what to do right now, and sometimes when things feel out of control I feel scared and angry. • I get nervous when I see you playing rough near the puppy because I know he could get hurt, and I don't want that to happen. • I feel unheard and wonder if I'm not being clear enough, or if there's something else going on.
<p>IS NEEDING YOU TO HOLD A BOUNDARY OR LIMIT AND YOU DON'T WANT TO YELL</p>	ANY	<ul style="list-style-type: none"> • I want to make sure you hear my firm voice.... • I know our family values collaboration. This is not a time for that, this is a time to follow directions. I can help you if you need it. • You do not like this limit/boundary/expectation. That's okay, I'll help keep you safe.

WHEN MY CHILD...

AGE

TRY SAYING THIS...

--	--	--

--	--	--