Gentle, not permissive: the script card

Calm voice, and the limit still holds. Keep it on the fridge.

Family Checklist
family-checklist.com

THE FOUR MOVES

1 Pause
Your own breath first. Nothing gets decided while you are shouting.

2 Name it
"You're angry." "You're disappointed." "You're not ready to stop."

3 Hold it
"…and the answer is still no." "…and it's still bedtime."

4 Follow through
Do what you said. Once. Without a speech.

AM I SLIDING INTO PERMISSIVE?

- [ ] Did the limit move after the crying started?
- [ ] Did I ask a fourth time instead of acting?
- [ ] Did I explain for longer than a minute?

A yes is not a failure. It shows where the limit moved, so you know what to hold next time.

WHAT IT SOUNDS LIKE

Ages 3–5	"You wish you could keep playing. Shoes go on now. You do them or I help; you pick."
Ages 6–9	"Tidying is boring, I get it. What's on the floor at 7 goes in the box until tomorrow."
Ages 10–13	"I know it's the last thing you want to do. Dishes are yours on Tuesdays; they're done before anything else tonight."

WRITE YOUR OWN LINES

I can see you're _____. The rule is _____. You can _____ or _____.

I can see you're _____. The rule is _____. You can _____ or _____.

I can see you're _____. The rule is _____. You can _____ or _____.

I can see you're _____. The rule is _____. You can _____ or _____.

I can see you're _____. The rule is _____. You can _____ or _____.

I can see you're _____. The rule is _____. You can _____ or _____.

OUR THREE DAILY FLASHPOINTS

The three moments where you repeat yourself most. Write each as one line a child can tick.

1 _____

2 _____

3 _____

Next step: put these three on the family chart everyone can see, with one line of your own next to them. Family Checklist app: family-checklist.com

A practical tool, not taken from a study. Steps adapted from the American Academy of Pediatrics' healthy discipline strategies (healthychildren.org): set limits, hear them out, give consequences, follow through. If defiance or meltdowns stand out next to other kids the same age, talk to your pediatrician.
Full guide with nine everyday moments handled three ways: family-checklist.com/blog/gentle-parenting.html