

Ways to Say "No"

- ♥ "That's not an option."
- ♥ "I am unwilling"
- ♥ Say it in a funny way, i.e., "Never in a trillion years!"
- ♥ Sing, "No, no, no."
- ♥ "That's not appropriate."
- ♥ "I am not ready for you to do that yet."
- ♥ For a younger child, use distraction.
- ♥ "What do you think you would need to do before I would be willing to say yes to that?"
- ♥ "What do you think? Is this a good choice for you?" (Make sure you are willing to abide by the answer.)
- ♥ For a youngster who has something you don't want her to have, say, "That's not a toy."
- ♥ "What are your other options?"
- ♥ "No, and I would be willing to...."
- ♥ "I appreciate that you asked, and ..."
- ♥ Give an alternative. "Walls are not for coloring. Here is a piece of paper."
- ♥ Tell them what to do instead, i.e., "Water needs to stay in the tub."
- ♥ "This is not negotiable."