




# Thrive Newsletter

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In my experience, the words 'be careful' tend to go one of two ways - either leading to increased danger, or leading to unnecessary caution and anxiety.

In the first instance, the words are heard as the equivalent of "no matter what you do NEVER EVER touch that red button!" What does little Billy want to do more than anything else? Yes, touch the button!

In the latter case, it's like having someone next to you suddenly start jumping and screaming as if a poisonous bug (or worse) was on them. The panic becomes contagious and you freak out too!

## What to Say to Kids Instead of "Be Careful!"

### Help Your Child Foster Awareness by Saying:

- **Notice how...** these rocks are slippery, that branch is strong...
- **Do you see...** the poison ivy, your friends nearby?
- **Try moving...** your feet carefully, your quickly, strongly.
- **Try using your...** hands, feet, arms, legs.
- **Can you hear...** the rushing water, the singing birds, the wind?
- **Do you feel...** stable on that rock, the heat from the fire?
- **Are you feeling...** scared, excited, tired, safe?

### Help Your Child Problem Solve by Saying:

- **What's your plan...** if you climb that boulder, cross that log?
- **What can you use...** to get across, for your adventure?
- **Where will you...** put that rock, climb that tree, dig that hole?
- **How will you...** get down, go up, get across?
- **Who will...** be with you, go with you, help you if?

