

CONNECTED PARENTING:
14 COMMON PARENTING PHRASES

NOT TO SAY



plus why & 
and what to
do instead!

xo Suzanne

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Table of CONTENTS

03 HEY THERE / HI THERE / HO THERE

This is a bit about me and why I care so much about connected parenting.

04 WELCOME TO YOUR EMOTIONS (AND YOUR CHILD'S TOO)

When we deepen connection, it turns out, we also build vital emotional skills in our kids and ourselves. Here are the details, plus some added inspiration and cool things.

05 THE “?” THAT GETS ME OUT OF BED

We are a community of #cyclebreaking parents, and this is our “why”.

07 THE 14 PHRASES NOT TO SAY & WHY

Here you go! When we change the words we use with children, everything changes. Let's connect with kids, not try to “control” them.

11 I'M NOT CRYING, YOU ARE

This is one of my favorite inspiring quote, plus nice things parents have to say about us. (Blushing.)

15 GUIDING CONNECTION FOR FAMILIES

Ready for some new tools? Here are my favorite mantras for us as #cyclebreaking parents to lean into when we are feeling low on patience, plus, a limited-time offer for a FREE 20-minute parent consult with me.





HEY, I'M SUZANNE

**Founder, Generation Mindful®
PT, Parent Educator, Mom of Four
(dropping my 2nd child off at college above)**

This little cutie, now 21, was my strong-willed or what I call my “integrity” child, and one of my greatest teachers. All four of my kids have taught me so much about myself over the past 23 years. For starters, they helped me discover how I traded in my “true” self, my voice, and my ability to set boundaries when I was a child, in exchange for being a “good girl” --- cooperative, accepted, and even praised.

Motherhood helped me grow out of being a people pleaser with perfectionist tendencies and a splash of anxiety. This e-book holds a bit of what I’ve learned as a mom, therapist, and educator working with thousands of families over the past couple decades. I hope it inspires you!

LET'S DO IT!

Suzanne xoxo



EMOTIONS

WELCOME TO YOUR EMOTIONS

WELCOME TO YOUR EMOTIONS

WELCOME TO YOUR

Welcome

TO YOUR EMOTIONS

Welcome to the world of having, allowing for, and learning from emotions --- yours and your kids. If you're like me and most adults today, you did not grow up feeling encouraged to tap into naming and share your innermost thoughts, needs, and big feelings.

Buckle up. This is some fascinating stuff - help kids not only listen, but feel confident and love who they are.

WELCOME TO YOUR EMOTIONS

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In this guide, I will walk you through 14 common parenting phrases that disempower young children, and how to empower them instead using connection-based parenting practices. This shift starts in your heart, and ripples out from there, passing down through the generations like an emotional inheritance.

By exploring these common "limiting" parenting phrases and alternatives, you'll gain a deeper understanding of the limiting beliefs you may have inherited, and how to tame your triggers so they don't run you anymore. Raising caring, confident, and resilient kids starts with us!

xo Suzanne

EMOTIONS

WELCOME TO YOUR EMOTIONS

WELCOME TO YOUR EMOTIONS

WELCOME TO YOUR EM

INSPIRATION

WHAT IF
“stop crying”
TURNUED INTO
“I’m listening”
FOR AN ENTIRE
GENERATION?

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WERE YOU A HARMONY OR AN INTEGRITY KID?

Welcome! In this section, we will delve into some of the things that you carry into parenting from your childhood.

In our very first moments on earth, we seek connection, and then we spend the rest of our lives seeking or avoiding it depending on whether it feels safe or threatening.

In the absence of connection, many of us opt for unhealthy substitutions.

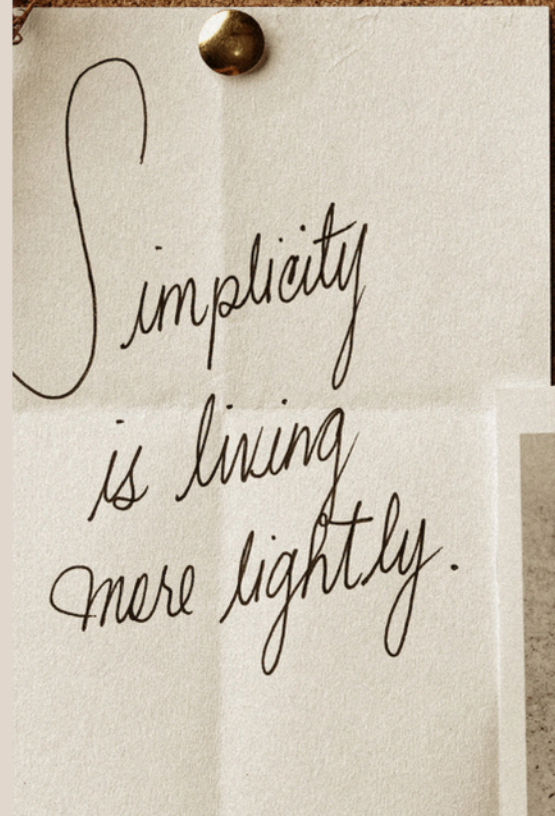
The terms “harmony kids” and “integrity kids” were coined by Dr. Bonnie Harris, and they do a great job summing up the choice many of us made as children to feel connected.

When forced to choose between feeling connected to their parent or themselves, *harmony kids* push down their feelings and needs to avoid conflict and stay attached.

“Integrity kids” on the other hand, cannot betray themselves or ignore their thoughts and feelings, and so they fight back.

Which sort of kid were you --- a “harmony” kid who longed for acceptance, or an “integrity” kid who longed for authenticity?

When we parent via connection rather than control, we remove the need for our children to choose one or the other, ensuring they feel a sense of belonging as their true selves.



14 parenting phrases

NOT TO SAY AND WHY

01

BE QUIET.

Kids internalize: I am too much.

This phrase is abstract and hard for children to process. Encourage your child to be respectful with their voice by using hand gestures dialing the volume down, whispering, playing the silent game, and teaching kids **HOW** to be quiet. Remember, it is age-appropriate for kids to be loud.

02

BE CAREFUL.

Kids internalize: The world is scary.

What to do instead: Say what you want your child to do. "Get down... walk on the sidewalk" or ask questions like, "What do we need to do before we cross the street?" Let your children grow in their awareness of themselves and the world.

03

HURRY UP.

Kids internalize: I need to give up my desires for yours.

What to do instead: Be clear, respectful, and firm. "We are leaving in ten minutes." You may help your child by offering a visual schedule, announcing the transition, or using a timer.

04

LET ME DO THAT FOR YOU.

Kids internalize: I am not capable. My parents can do it better.

What to do instead: Never do for a child what they think they can do for themselves. Give your child time to practice and learn. Say things like, "I believe in you. You can do hard things." And if you are in a hurry, offer something like, "How about I put on this shoe and you put on the other?"

05

BE A GOOD BOY/GIRL.

Kids internalize: I'm good when I do good. I'm bad when I do bad.

What to do instead: Communicate to your child that who they are and *what they do* are two separate things. They are always a "good kid", and sometimes they have a hard time. Connect before you redirect: Look to unmet needs, validate feelings, and teach children emotional regulation.

14 parenting phrases

NOT TO SAY AND WHY

06

BE A BIG BOY/GIRL.

Kids internalize: Bigger is better. I need to be more.

What to do instead: Celebrate your child for the age they are, and the abilities they have. "Wow, you're four. What a great age to be." or "I see you working hard on that. Way to stick with it!"

07

DON'T JUMP, HIT, SCREAM ... OR ANY OTHER VERB.

Kids internalize: Jump, hit, scream.

What to do instead: State the behaviors you want to see from your kids. "Feet on the floor ... You can hit the drum ... Match my voice."

08

DON'T WHINE.

Kids internalize: I am not allowed to express myself. My wants and needs are bad and wrong. What to do instead: Help your child find her powerful voice by saying: "Where's your powerful voice? It was here just a minute ago?!" Gesture by tapping your throat. Say, "I can't understand what you are saying. Please use your powerful voice."

09

STOP CRYING.

Kids hear/internalize: It is unsafe to show emotion.

What to do instead: Help your child name it to tame it and feel it to heal it. For example, if they are crying, you might say, "I'm here for you." or "Would you like a hug?"

10

STOP BEING SHY. GIVE HIM A HUG.

Kids internalize: What I feel inside isn't correct/right. What to do instead: Invite your child to tune in to their intuition, name their feelings, and trust what they find. Say, "I see you don't want to give hugs right now and that's okay."

14 parenting phrases

NOT TO SAY AND WHY

11

WE DON'T DO THAT IN THIS HOUSE.

Kids hear/internalize: I did that (behavior), so I must not belong. What to do instead: State an observation and then set clear, firm, and consistent boundaries. "You threw your bowl on the floor. That means we're all done eating. Next time you can say, "I don't like that, or "I don't want any more."

12

YOU'RE FINE. YOU'RE BEING TOO EMOTIONAL.

Kids hear/internalize: My feelings are wrong, not allowed, not safe. What to do instead: Pause, breathe, notice, and manage your triggers. Stay curious about your child's experience. Validate emotions, hold space, and make it safe to feel.

13

OH COME ON, IT'S NOT THAT BAD.

Kids internalize: What I THINK I'm feeling is false. I cannot trust myself, my body, or my feelings. There must be something wrong with me. What to do instead: Remind yourself that feelings are not RIGHT or WRONG... they are data. Validate your child's emotions even if you do not like them. Get curious.

14

YOU MAKE ME SO MAD.

Kids internalize: I am responsible for others' feelings. What to do instead: State how you feel using an I statement. "I feel worried when you pet the cat so hard. He could get hurt... and so could you. He LOVES when you pet him like this."



GENERATION MINDFUL®

Create more joy & less stress in everyday parenting with The Time-In ToolKit®

Generation Mindful's Early Emotional Learning tools, toys, and online classes will help you raise caring, confident, and resilient children using play-based learning and positive discipline.



Play Based



Brain Building



Designed By Experts



Tame Tantrums By Teaching Kids About Their BIG Emotions

Emotional skills have been devalued and overlooked for generations, but thanks to new research, we now know the benefits of nurturing emotional intelligence in children include:

- Inviting better behavior and cooperation
- Improving impulse control and listening
- Helping kids reach higher academic grades
- Building empathy and kindness
- Boosting resilience and problem-solving skills

Generation Mindful is dedicated to helping families raise caring, confident, and resilient children through early-emotional education and positive parenting support. Let's make teaching kids about emotions as mainstream as teaching them their ABC's and 123's!

Praise **FOR GENERATION MINDFUL** *Parent Coaching*



HELPFUL TOOLS. LIFE CHANGING - MARIA H.

"Suzanne is an expert at parent coaching and our sessions were well worth the investment. We've gone from having regular battles to being best buds with our 2-year-old. Our household is so much more peaceful. I'm confident in how to handle situations and set loving boundaries. It's like the pressure of being perfect just stopped."



WE STOPPED FIGHTING ABOUT PARENTING - AMY P.

"Working with Suzanne really helped my husband and I. We were coming from very different places, but now we see how the different ways we were raised affected our parenting styles. We respect each other's differences, and it's so much calmer in our house. Thank you!"



BREAKING THE CYCLE OF SHAME - NINA D.

"I'm a (young!) grandma who wanted to support how my son and daughter-in-law are raising our granddaughter. They are using positive parenting to help break the cycle of shame in our family. It is not the way my husband and I were raised. The learning curve is huge, but coaching has helped us learn how to honor the courageous steps they are taking. We are grateful."



I JUST WANTED TO STOP YELLING - MNAE L.

"Yelling at my son felt so wrong but I could not ignore his behavior (kicking/biting/etc). With the support of Suzanne's coaching, I can now stay calm and guide him through his meltdowns. He's happier, I feel more confident, and his behavior is so much better."

INSPIRATION

**BRING AWARENESS
TO YOUR
unique PARENTING
JOURNEY** 
AND BE *supported.*

xo Suzanne

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Master the art of **CONNECTED** **PARENTING**

Parenting is by definition hard. But if parenting is feeling a bit extra these days, it's likely that you are under-supported, and could use some new tools to help you connect more deeply to yourself and your family.

We are not meant to be raising small humans alone. It's too much. We need to have not one, but two nets below us at all times to catch us when we feel like we are falling.

I'd love to be that 2nd net as your parenting coach.

xo Suzanne

FREE CONSULT



BOOK A FREE CONSULT WITH ME

BOOK A FREE CONSULT WITH ME

CONSULT WITH ME

BOOK A FREE CONSULT WITH ME

BOOK A FREE CONSULT WITH ME

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Grizzly Bear 7'10"
INSPIRATION

Boa Constrictor 7'

Llama 5'6"

Pygmy Goat 3'6"

River Otter 3'

Red-Tailed Hawk 18"

Meerkat 14"

Praying Mantis 5"

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REACH *high*
IN LIFE AND
never STOP
GROWING.

Mantras For When **YOU ARE LOW ON PATIENCE**

In re-framing our thinking, our behavior shifts, and we move closer to our hearts. Hang this printable as a reminder that you are love.

xo Suzanne

01

(PBS) PAUSE. BREATHE. START AGAIN

02

THIS TOO SHALL PASS

03

MISBEHAVIOR IS AN UNMET NEED

04

ALL EMOTIONS ARE SACRED

05

MY GOAL IS TO CONNECT NOT BE RIGHT OR CONTROL

06

BEHAVIOR IS COMMUNICATION - MINE & OTHER PEOPLE'S

07

MY TRIGGERS ARE MINE. THEY EMPOWER ME TO HEAL

08

I LOVE MYSELF AND I AM ENOUGH... JUST AS I AM

09

**I AM ALLOWED TO SET BOUNDARIES AND OTHERS ARE
ALLOWED TO FEEL THEIR FEELINGS ABOUT THEM**



Instead of telling our children NOT to be mad...

✦ **Notice & Validate**

"It seems like something doesn't feel good to you."

✦ **Set Boundaries**

"It's okay to be mad. It's not okay to hit."

✦ **Redirect Behavior**

For hitting, introduce wall push-ups.

✦ **Affirm Your Love**

"I can handle your big emotions. It is safe to let them out."

✦ **Process What Happened**



Let's teach kids HOW to be mad

genmindful.com

xo Suzanne

Thank you **#CYCLEBREAKER**

Whether you are looking for tools and toys to teach kids about emotions, positive parenting classes, or coaching, you've got this, and we got you!

**CONGRATULATIONS ON COMPLETING THIS EBOOK TO IGNITE YOUR
CONNECTED PARENTING JOURNEY!**



LET'S DO IT!



SUZANNE TUCKER
FOUNDER, GENERATION MINDFUL

**[CLICK HERE TO BOOK YOUR
FREE 20 MIN CONSULT](#)**

