AGES 2–10 | QUICK-RESPONSE GUIDE

When Your Child Says "No!"



WHAT THIS IS

"No" is a normal sign of growing independence.

HOW TO USE IT

1. Stay calm
2. Offer two choices
3. Hold the limit

EXAMPLE

"You don't want to go. I hear you. It's time to leave. Walk or hop?"

Why this happens

"No" is a normal sign of growing independence. Children are learning they have their own wants.

What your child may need

Choices, a sense of control, and clear limits delivered kindly.

Try this

1 Stay calm

Take a breath. This is development, not disrespect.

2 Offer two choices

"Do you want to wear the red or blue shirt?"

3 Hold the limit

Some things are not optional: safety, health.

4 Notice cooperation

Praise any "yes": "Thanks for putting your coat on."

Try saying:

"You don't want to go. I hear you. It's time to leave. Walk or hop?"

Avoid:

Power struggles, bribing every time, or giving in after repeated no's.

My plan this week

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