



PARENTING TIPS DIGITAL HANDOUT

Project Enlightenment • Office of Early Learning • Wake County Public School System

Change “Don’t” Statements to “Do” Statements

	DON'T	DO
Inside	Don't run.	Walk in the house.
	Don't yell in the house.	Use your inside voice.
	Don't be so wild.	It's time to sit down and use a calm voice.
	Don't write on the wall.	Write on paper only.
	Don't color on the table.	Markers are only for paper.
	Don't make a mess.	When you have picked up your books, then you can play with your train.
	Don't leave clothes on the floor.	Use a laundry basket.
	Don't jump on your bed.	Beds are for sleeping or sitting ONLY.
	Don't splash water out of the tub.	Keep the water in the tub.
	Don't interrupt me while I'm on the phone.	Touch my arm to let me know you need me.
	Don't throw the ball in the house.	We roll balls inside. You can throw the ball outside.
	Don't pull the dogs tail.	Be gentle with the dog. Pat him like this...
	Don't touch.	Look with your eyes.
	Don't pick your nose.	Use a tissue.
	Don't spit.	Keep your saliva in your mouth.
Outside	Don't play in the street.	We can play in the yard or on the sidewalk.
	Don't run down the slide.	Slide on your bottom.
	Don't go past the end of the driveway.	Keep your bike on the driveway.
	Don't run into the street.	Hold my hand to cross the street.
Food	Don't play with your food.	Use your fork or spoon to eat your lunch.
	Don't throw your food.	Food is for eating.
	Don't eat with your hands.	Use your fork to eat.
Siblings	Don't take a toy from your friend.	Ask first to play with her toy. Say, "May I have a turn?" or "May I have a turn when you are through?"
Peers	Don't hit your sister.	Keep your hands to yourself. If you are frustrated, use your words to tell her how you feel.
	Don't knock over the toys.	Ask to play with the toys.
	Don't hit.	Use gentle hands; say what you want.
Voice	Don't yell or scream in the house.	Use your inside voice, a voice that sounds like mine.
	Don't talk back.	Tell me what you are feeling in a regular voice.
	Don't whine.	Use your normal voice. Use your four-year-old voice.
	Don't scream at me while I'm on the phone.	Touch my arm to let me know you need me.



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