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Sample Parenting Soundbites for Covid-19 and Beyond

“Yes, you are right, I’m yelling right now. That’s not going help either of us. I apologize. I’m going to collect myself and let’s try to discuss this calmly in a few minutes.”

“I hear that’s how you see it. I see it differently. It may help us to move on if we agree to disagree instead of continuing to fight.”

“I can see that you’re very frustrated. Just know I’m here for you if you’d like to talk.”

“I hope that once we calm down, we will be able to have a constructive conversation about this.”

“I can’t control the way you choose to speak to me [or your sibling, other parent, relative] when you are upset. I think you will feel better by being more respectful.”

“It’ll work better for both of us if you can say what you mean without saying it meanly.”

“There’s a reactive side of me, as your parent, that now wants to yell and get controlling. Just being aware and expressing this is helping me stay calmer. How about we talk this out so we can understand each other better?”

“Can I throw out a few ideas about what I think is upsetting you and you can tell me whether I’m getting warmer or colder?”

“You know what you are doing right now is a really good example of you calming down even though I know you feel strongly about this. I really admire how you are able to keep your cool.”

“The way you’re being flexible right now really impresses me.”

“I appreciate how cooperative you are being during this difficult time.”

Reference Books by Jeffrey Bernstein, Ph.D.

- [*The Stress Survival Guide for Teens*](#)
- [*10 Days to a Less Defiant Child 2nd Ed.*](#)
- [*The Anxiety, Depression, & Anger Toolbox for Teens*](#)
- [*The Letting Go of Anger Card Deck*](#)
- [*Mindfulness for Teen Worry*](#)