

Use **declarative language** (statements, comments or observations) or **rephrase** things to talk about an object or yourself/other people rather than the child:

**"The clothes are on the bed, I'm happy to help"** and then walk away, or phrases such as **"I wonder whether ..."** and **"Let's see if ..."** and including words that suggest an element of **choice**, such as **"Maybe we could ..."**

Talk to yourself/to no one in particular and 'plant seeds':

**"It's a lovely day outside, a good day for going to the park..."**

It's helpful to **avoid** trigger words like **"no"**, **"don't"**, **"can't"**, **"must"** or **"have to"** – you can convey the same message using different terminology:

**"It's not possible right now because ..., but we can try this afternoon and in the meantime would you like to ... or ...?"**