

Mother's Helper Switchwords

by Kat Miller

Following is a list of Switchwords, Switchpairs and Switchphrases to help smooth everyday life with children.

For dealing with conflicts, social interactions and disobedience:

BENEVOLENT-BLUFF - release fear & be peacefully accepting of the situation

BENEVOLENT-PEACE – maintain stability and calm

CANCEL-CLEAR-CONCEDE-CONFESS – to diffuse fights

CROWD - dispel disobedience in children, pets or subordinates

DIVINE-LOVE – help stop thumb sucking

EASE-LIMIT – calm down and reset boundaries

END-SHUT – close this segment and stop causing trouble

HO-LIGHT – decreased irritability

LIMIT-CROWD – back off and obey

LIMIT-QUIET – stop escalation of a fight or argument

LIMIT-SWEET - regain control and change focus to caring

LOVE-WOMB – help stop thumb sucking

OIL-HO – release tension and relax

PRAISE-REJOICE – stop being critical and jealous

QUIET-SLOW - Respond rather than react (take time to get beyond the initial emotional reaction before responding)

SWEET-LOVE – be soothing, caring and loving

TINY-SWEET-BE – restore politeness, caring and calmness

Nap time:

OFF – to go to sleep

LIGHT-OFF – to lighten mood and sleep

QUIET-SHUT – to sleep even if not tired

HO-SLOW – help an insomnia sleep

HO-QUIET-OFF – relax, quiet the mind chatter and sleep

QUIET-OFF- quiet mind chatter and sleep

When a child is difficult to get to go for naps try singing Switchwords while rocking them.

Calm a crying baby:

Repeat LOVE-LOVE-LOVE over and over for 5-10 minutes. (Helps a child feel secure and loved, usually has a near immediate calming effect.)

Repeat BE-BE-BE-BE over and over for 5-10 minutes. This has been found to work amazingly well when a child is not feeling well.

Use BLUFF-COVER to calm from a frightening experience.