

# Sam Horn's Tongue Fu!® Tips for New Parents

## WORDS TO **LOSE**

## WORDS TO **USE**

### **BUT**

ARGUES / CANCELS

*"I know you're tired, but it's your turn to get up."*



### **AND**

ACKNOWLEDGES / CONNECTS

*"I know you're tired, and it's your turn to get up."*

### **SHOULD HAVE**

CRITICIZES / SHAMES

*"You should have swaddled her."*



### **NEXT TIME**

COACHES / SHAPES

*"From now on, let's swaddle her every night."*

### **YOU'LL HAVE TO**

ORDERS / COMMANDS

*"You have to pick up diapers on the way home."*



### **IF YOU COULD**

RECOMMENDS / REQUESTS

*"Could you please pick up diapers on the way home?"*

### **CAN'T BECAUSE**

ADVERSARIAL / SIDE AGAINST SIDE

*"No, you can't play with your brother. He's sleeping."*



### **AS SOON AS**

AGREEABLE / ON THE SAME SIDE

*"Yes, you can play with him as soon as he wakes up."*

### **NOTHING I CAN DO**

APATHETIC / HELPLESS

*"There's nothing I can do about the colic."*



### **I WISH / I HOPE**

EMPATHETIC / HELPFUL

*"I wish there was more we could do to relieve her colic."*