PRINTABLES GENIUS SHEET

OUR PRINTABLES ARE TRIED AND TRUE AND BUILT BY PARENTS IN THE THICK OF RAISING KIDS.

We've kept them simple, so you can add your own personal tweaks, and tailor them to your life.

Life with kids is like a constant update, so print them out as many times as you need to change the plan. There's no need to squish in new info and cross old stuff out.

Try these genius tips:

1. Use different coloured pens for different kids if you need to combine everyone on a single chart. Consider following these colours through to everything else (lunchboxes, drink bottles, bags, name tags).

2. Print several at a time and staple/clip together so you have a fresh chart when needed, and you have the old one still there to refer to.

3. Laminate and use a wipeable pen if you need to tick or regularly add your own scribbles to the chart. Handy too for minor tweaks.

4. Establish a "family command centre" to stick up your printables. This way everyone knows where to find the info.

Different ways to display your charts:

- Magnets on the fridge or magnetised board.
- Pegs on string or wire.
- Pins on a pin board.
- Velcro dots on a wall, fabric board, or a carpet square on the wall.
- Use picture frames on the wall and pop your charts into these.
- Think transportable, and slip charts into clear plastic folders and keep a neat stack on your command centre, office, or somewhere visible on the kitchen bench.
- Using a photo album, create a chart book. Make sure everyone can access it when they need to. Make your book look beautiful and easy to spot.

Declarative language for everyday use

Here are some real-life examples of shifts from imperative to declarative language. Pop this printable up where you can see it and take inspiration from the simple changes you can make in your communication style.

SUPPORTED OUTCOME	IMPERATIVE LANGUAGE	DECLARATIVE LANGUAGE
Self-regulation	"Calm down."	"I notice you're upset. Let's sit quietly and breathe together."
Validation	"Don't worry about it."	"I can see you really want a turn... I wonder if we can ask?"
Reducing fight/flight/freeze	"Give your aunty a hug."	"Look, aunty gave you a new colouring book. Let's colour together."
Inference skills	"Tie up your shoes."	"I think you forgot something when you put your shoes on."
Executive functioning	"Get ready to go."	"It's time to go. You'll need to clean your teeth and put your shoes on."
Problem-solving	"The red pen is finished."	"I wonder what we could use instead to finish the picture?"
Teaching instead of quizzing	"Which colour do you like?"	"Wow, look at all the colours."
Information over commands	"Don't touch that!"	"You're close to the heater. I'm afraid you'll burn yourself."
Flexibility	"What can you see out the window?"	"I think I can see some cows in the field over there."
Discovering mistakes	"Close the door."	"I don't think I heard the door close."
Self-advocacy through modelling	"Stop doing that!"	"I'm tired and frustrated. I think I need a break."
Visual referencing and observation	"Your face is dirty."	"I notice you're upset. Let's sit quietly and breathe together."