

A PARENT'S ONE-PAGE GUIDE



Ask Instead of Cry

How a request replaces a meltdown, one step at a time



01

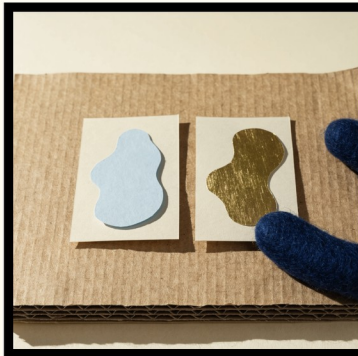
Catch the moment before.

Crying starts after the wanting starts. The second worth teaching is the one where your child looks at the thing.



02

Give them the word. Say the single word you want back. "Juice." Not "Can you say juice?" One word is easier to copy.



03

Accept any try. A

sound, a point, a sign, a picture. All of it counts as asking. Shape it closer to the word later.



04

Answer fast. The reward for asking is getting the thing, within a second or two. A slow answer teaches that asking does not work.



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