What to Say to Kids
Instead of "Be Careful!"

Help Your Child Foster Awareness by Saying:

- Notice how... these rocks are slippery, that branch is strong...
- Do you see... the poison ivy, your friends nearby?
- Try moving... your feet carefully, your quickly, strongly.
- Try using your... hands, feet, arms, legs.
- Can you hear... the rushing water, the singing birds, the wind?
- Do you feel... stable on that rock, the heat from the fire?
- Are you feeling... scared, excited, tired, safe?

Help Your Child Problem Solve by Saying:

- What's your plan... if you climb that boulder, cross that log?
- What can you use... to get across, for your adventure?
- Where will you... put that rock, climb that tree, dig that hole?
- How will you.... get down, go up, get across?
- Who will... be with you, go with you, help you if?

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