



Things I Hope Never Come Out of My Mouth



I know, you swore you would NEVER say those things your parents said. (Things like: *Quit crossing your eyes or they will freeze like that; If Johnny jumped off a bridge, would you?*) Then one day you turned to speak to your child and it flew out of your mouth before you realized it.

The Bible gives us good guidelines for the kinds of words that should come out of our mouths. Ephesians 4:29-32 gives some examples of the kinds of words NOT to use (no harsh, rude, false, foul, abusive words) and some examples of the kinds of words to use (good, helpful, encouraging words). Our words to our children should be words that build up, not tear down. As parents who desire to build up our children, we can determine to avoid letting these words come out of our mouth.

Why can't you be like _____ (insert name of sister, brother, etc.)? Even if you are trying to motivate your child to do better, it creates resentment toward the other and makes them feel like they are not good enough.

"B" is okay, but an "A" is better. Never good enough...enough said.

You make me so mad! (or sad or angry or...) Focus on the behavior, not the person.

You're fat (or stupid or lazy or a big baby or an idiot or _____) Labeling/name calling only hurts.

Stop crying! or Calm down! Find out the reason and provide understanding and comfort.

Hurry up and get ready! The more you try to hurry them, the slower they go!

You're just like your mother/father. Use this only if you mean it in a good way!

You're so smart (or good or an angel). An impossible standard to keep.





What's wrong with you? This creates shame and who needs more of that?! If there is a problem, address it directly with "I don't like it when you _____".

I don't know who ate your candy. Little white lies are still lies and not so little.

Are you sure you can do that? Who needs more self-doubt?

Don't make me turn this car around. Well, maybe in extreme cases.