

4 Positive Parenting Strategies For Teaching Young People to Handle “No”



Why It Matters

By using these strategies, you can turn moments of disappointment into valuable learning opportunities, helping your young person **build emotional resilience** and **self-regulation skills**.

4 Powerful Parenting Tools

✨ Prepare for “No Means No” ✨

Once you say “no,” stick to it. This preparation ensures you remain calm and confident, reinforcing clear and reliable boundaries..

✨ Low Stakes Practice ✨

Regularly create opportunities to say “no” in low-pressure situations. Looks like: declining a request for extra iPad time and use it as a teaching moment to guide emotional processing.

✨ Be Honest ✨

When disappointment arises, validate your child’s emotions while guiding them toward constructive alternatives.

→ *“I see you’re upset, and that’s okay.”*

✨ Dedicate Time ✨

Responding to frustrated, disappointed, or angry emotions can be time-consuming (and inconvenient!) ...but it’s essential—after all, **growth happens best with the support of others!**

You Got It!



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