

LANGUAGE FOR ORDINARY MOMENTS

Small Words for Ordinary Days

Gentle prompts for the moments already happening.

You don't need a script. These are just small phrases — the kind that come naturally once you've read them once or twice. Leave this somewhere you'll see it. Use the ones that feel like you. Leave the rest.

01 At the Table

- "What does it smell like before you taste it?"
- "I wonder what makes it that colour."
- "You can leave what you don't want — just try a small bit if you're curious."
- "I'm going to eat mine slowly. Let's see what we notice."
- "What did your body feel like before? What about now?"

A SMALL THING TO NOTICE

Your child's relationship with food is built in these unhurried minutes — not in the eating, but in being allowed to be curious without pressure.

The toast goes cold. That's fine too.

02 Getting Dressed

- "What feels good on your body today?"
- "Which one do you want to put on yourself?"
- "It's cold outside — what do you think we'll need?"
- "I'll do the buttons. You choose the shoes."
- "Tell me when you're ready and we'll go together."

A SMALL THING TO NOTICE

One real choice in the morning — even a small one — often makes the whole routine softer. The control they need is smaller than it feels.

Some mornings nobody wants to get dressed. That happens too.

03 Moving Between Things

- "Five more minutes, and then we'll tidy together."
- "We're leaving soon — is there one thing you'd like to finish first?"
- "I know it's hard to stop. Let's put it somewhere safe so it's here when we get back."
- "Where are we going? Can you remember?"

"Hold my hand and let's walk out slowly."

A SMALL THING TO NOTICE

Most meltdowns at transitions aren't about the leaving — they're about the surprise of it. A little warning, said gently, changes more than you'd expect.

Being rushed changes how children listen. It changes how we speak, too.

*Children rarely remember the
exact words.*

*They remember the feeling of
being spoken to gently.*

04 Out on a Walk

- "What can you hear if you stop for a second?"
- "I wonder who made that hole in the ground."
- "Pick something small to bring home — just one thing."
- "Can you find something the same colour as your jacket?"

"You go first. I'll follow you."

A SMALL THING TO NOTICE

Children move slowly outside because everything is interesting. When we stop rushing them, they show us what they're actually thinking about.

Sometimes staying close matters more than saying the perfect thing.

05 At the End of the Day

- "Tell me one thing that felt good today."
- "Was there anything that felt hard?"
- "I liked being with you today. Especially when we — "
- "Your body worked hard. It's time to let it rest."

"We don't have to fix it. We can just say it."

A SMALL THING TO NOTICE

The last words before sleep settle something in a child. They don't need to be perfect words. Even a quiet "I love you" is enough on the hard days.

Bedtime happens later than planned more often than not. The words still count.

"I'll be here when you wake up."

CHICHIBERRY PARENTING

TODAY'S ONE SMALL PHRASE

I'LL USE _____

Circle one from above, or write your own.

Some days you'll use none of these. Some days one small phrase will change the whole texture of an afternoon. That's enough. You're paying attention — and that is already the thing that matters most.

THE CHICHIBERRY COLLECTION

More quiet resources, for whenever you're ready.

Quiet Morning Notes Language for the hours before the day begins

Table Series Conversation for a slow meal, in any season

Small Words Collection Emotion vocabulary for children who are still finding theirs

Bedtime Reflection Set For children who need to be heard before they sleep

Chichiberry Parenting

Connection over instruction. · Presence over perfection.