

## Building relationships and communicating: Learning to say no!



Children usually begin to communicate no through body language and sounds long before they are able to say any words. Later, they may communicate no through actions such as pushing or hitting, even when they are able to say no, they are likely to still use these behaviours when they are cross or upset.



### Things to help me grow

- Tune into children's body language and sounds when they are communicating no.
- Although there will be times when a child needs to do something even when they communicate no, particularly around safety, when possible, allow a child's no to mean no.
- Give the child choices rather than instructions where possible so that they learn their voice is responded to.
- Play games to practice using the word no in different contexts, for example, hide and seek is Harry under the box... no.

### Making things easier

- Have yes and no symbols, red and green colours can work well to support understanding.

### Helpful Links:

[Choices and instructions.](#)

