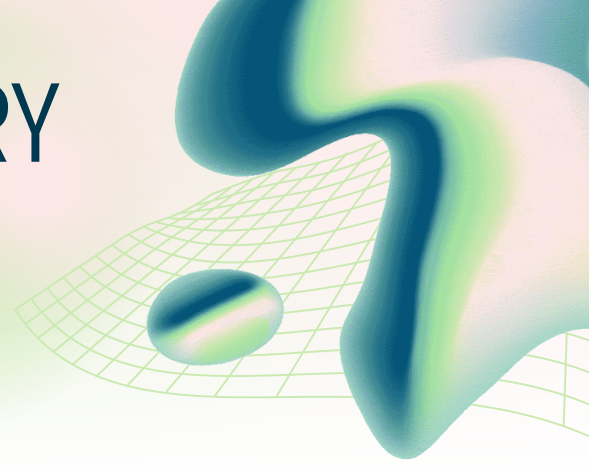


SAY THIS, NOT “HURRY UP”

What to say when time is short and emotions are high



Raise your hand if you've ever felt the urge to bark, "Hurry up!" when you're already running late.

You're not alone. We've all been there.

But what if there was a better way? A way to encourage cooperation, reduce stress, and connect with your kids, even when the clock is ticking?

This guide offers quick swaps – easy-to-remember phrases that help you move things along *without* raising your voice or increasing the pressure. It's about connection, not coercion.

Core Phrase Swaps

Use what fits. You don't need all of these.

1. *Instead of saying: "Hurry up!"*

Try saying:

- "We have five minutes left, and I'm here to help."
- "We need to leave in a few minutes. Let's do this together."

Why this helps: It tells your child that time matters **without making them feel behind or alone**. Support keeps the brain online. Panic shuts it down.

2. *Instead of saying: "Come on, get moving"*

Try saying:

- "Shoes are the next step."
- "First, socks. Then shoes."

Why this helps: A stressed nervous system can't organize multiple tasks. One step gives the brain a place to start.

3. *Instead of saying: "You're taking forever."*

Try saying:

- "Getting ready feels hard this morning."
- "It looks like you're stuck."

Why this helps: Feeling seen helps the body soften. Soft bodies move. Rigid bodies resist.

4. *Instead of saying: "Put your shoes on right now"*

Try saying:

- "I'll sit with you while you put your shoes on."
- "Let's do this part together."

Why this helps: Partnership lowers pressure. When kids feel supported, cooperation comes easier.

5. *Instead of saying: "Why aren't you ready yet?"*

Try saying:

- "Do you want to put your shoes on by the door or by the couch?"
- "Backpack first or jacket first?"

Why this helps: Choice restores a sense of control without removing the expectation.

6. *Instead of saying: "If you don't hurry, we'll be late!"*

Try saying:

- "We have two minutes left."
- "It's almost time to go."

Why this helps: Time awareness supports responsibility. Time pressure creates shame.

7. *Instead of saying: The right words... in a rushed tone*

Try saying:

- The same words, but slower, quieter, and grounded.

Why this helps: Your tone is a nervous system signal. A calm voice tells your child, "You're safe, even while we move."

8. *Instead of saying: "Why is this so hard?"*

Try saying:

- "Take a breath with me."
- "Let's pause together for one second"

Why this helps: A regulated body moves better than a stressed one. Even a brief pause can reset momentum.

Use these phrases as a starting point. Adapt them to fit your family's style and needs. Remember, the goal is to create a calmer, more connected environment where everyone feels heard and supported, even when time is tight.

If this still feels hard sometimes

That doesn't mean you're doing it wrong.

Mornings, transitions, and rushed moments load everyone's nervous system at once. The goal isn't perfection. It's practice.

Every time you replace urgency with support, you're teaching your child how to move through stress without panic.

And you're learning that skill too.

Want to go deeper?

This guide is based on a full episode of the [Raise Strong podcast](#), where we break down *why* time pressure backfires and how language changes everything.

Because Strong Kids Start with Supported Parents!

You're doing better than you think.

Tip: Save this to your phone or print it where mornings usually happen.