

PDA Parenting Scripts

Gentle, collaborative language to help reduce anxiety and support connection.



SUPPORT • NAVIGATE • THRIVE

Parenting
PANDAS



Welcome I'm Becky



I am the founder of Parenting
Pandas UK.

These guides were created to help
families understand the psychology
behind behaviour, reduce
overwhelm and build connection
through compassionate, evidence-
informed support.
I'm so glad you're here.



You are not alone in this

Small changes, made with understanding
and consistency, can make a big difference



A quick note before you begin

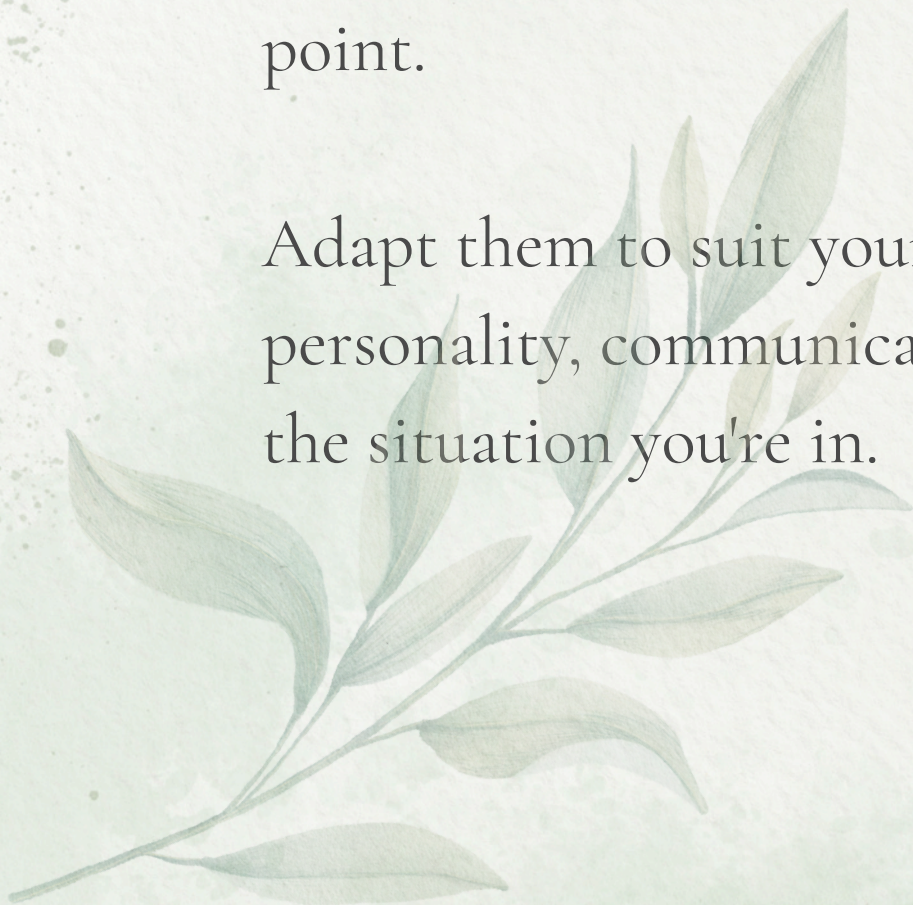


There is no perfect script for supporting a child with a PDA profile.

The language in this guide is designed to reduce perceived pressure and encourage collaboration, but every child is different.

Think of these examples as a starting point.

Adapt them to suit your child's personality, communication style and the situation you're in.





Getting Dressed



Instead of...

"It's time to get dressed now."



You could try...

"I wonder what today's outfit is going to be."

"Should we see if your clothes are ready for
us?"

"I'll get dressed too-shall we do it together?"





Mealtimes



Instead of...

"You need to eat your dinner."



You could try...

"I'm going to put this here in case your tummy decides it's ready."

"I wonder which bit you'll try first."

"Would you like this plate or that one?"





Leaving the House



Instead of...

"We're leaving now."

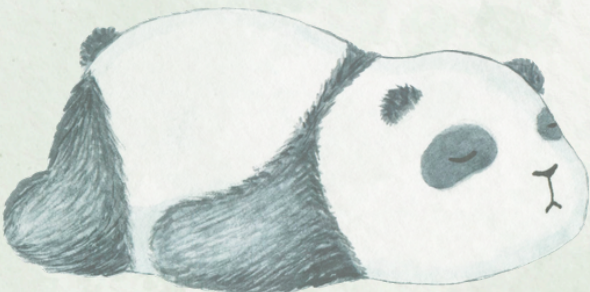


You could try...

"What do we need before our adventure?"

"I'll race you to the front door!"

"I wonder if the car is ready for us."





Homework



Instead of...

"You need to do your homework."



You could try...

"I wonder how we could make this feel easier."

"Would you like to start with the easiest bit or the hardest?"

"Shall we look at it together for just two minutes?"





Brushing Teeth



Instead of...

"Go and brush your teeth."



You could try...

"I wonder if your toothbrush is waiting for you."

"Should our teeth have a quick sparkle tonight?"

"Would you like to brush first or shall I?"





Bedtime



Instead of...

"It's bedtime."



You could try...

"What should our bedtime routine look like tonight?"

"I wonder who's more tired-you or Teddy?"

"Shall we see if your bed is ready?"





Saying No



Instead of...

"No."



You could try...

"Let's see what we can do."

"That's tricky."

"I can see why you'd want that."

"Let's think of another idea together."





When They're Overwhelmed



Instead of...

"Calm down."



You could try...

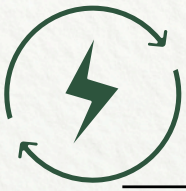
"I'm here."

"We don't have to solve this right now."

"I can see this feels really hard."

"We'll figure it out together."



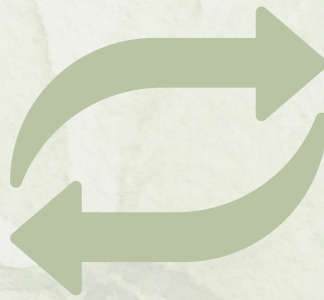


During a Meltdown



Instead of...

"Use your words."



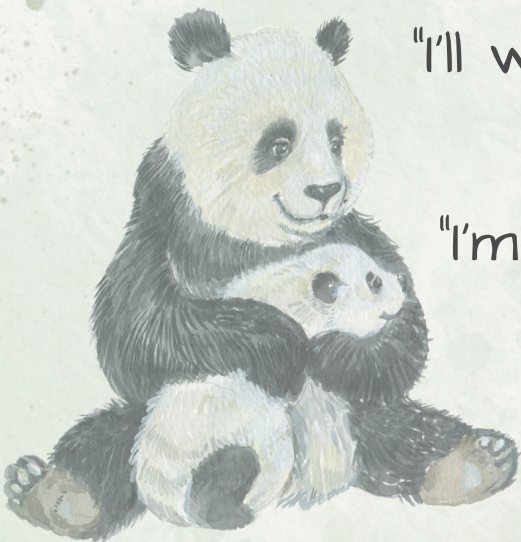
You could try...

"I'm staying with you."

"You're safe."

"I'll wait until you're ready."

"I'm not going anywhere."





Repair After Conflict



After conflict, many parents naturally want to resolve things as quickly as possible. We might apologise, ask our child to talk about what happened, or try to explain why we responded in a certain way.

While this comes from a place of love and care, it's important to remember that meaningful repair can only happen once everyone has returned to a calmer, more regulated state.

Trying to repair the relationship too early can unintentionally feel like another demand.

Instead, focus first on co-regulation. Your calm presence, patience and reassurance help signal to your child's nervous system that the threat has passed. Once they are calmer, their brain is much more able to reflect, learn and reconnect.

Repair is not about deciding who was right or wrong. It is about rebuilding connection and showing your child that relationships remain safe, even after difficult moments.



Repair After Conflict



"I know that was hard for both of us."



"I don't think you're trying to make life difficult."



"I think something felt too much."



"We can always have another go."



"I love you, even on the hard days."

Reflection



Ask yourself:



- How can I re-word the things that I ask?

.....



- What does my child respond well to?

.....



- Which approaches help us feel more connected?

.....



- What small change could I try this week?

.....

.....



Remember:

All children respond
differently. This is not your
fault.



Key Takeaways



There is no perfect script for supporting a child with a PDA Profile



You don't have to get everything right.



What works one day, may not work the next - and that's OK,



Every child is different, adapt to suit your child's personality, communication style and the situation you're in.



Remember...

You know your child best.

Trust your instincts.

You are doing an incredible job.

With Love and Support,

Becky

Parenting Pandas UK

