



Scripts Series

AFFIRMING AND VALIDATING PARENTING SCRIPTS

Written by
*Dr. Danika Maddocks in collaboration with
Dr. Neff and Neurodivergent Insights*

Updated November 2024



[Neurodivergent Insights](#)



[The Gifted Learning Lab](#)



Affirming and Validating Scripts for Hard Moments

Updated
Nov. 2024

General Hard Moments

- You weren't expecting that." / "That was unexpected." / "That's not what you were expecting."
- "This is a hard moment." / "This feels hard." / "This is stressful / overwhelming / exhausting / tough / tricky."
- "It makes sense you're feeling that way."
- "Thanks for telling me." / "Thanks for showing me this is hard." / "Thanks for letting me know you don't like this."
- *Silence - calm presence, nodding, space or validating noise - "Mm-hmm," "Oh," sympathetic groan.*
- "You hate that." / "I know you hate that. / That's not your jam. / "That's not your favorite." / "No one likes [fill in the specific stressor/thing here]."
- "This is no fun / no good." / "This sucks/stinks." / "This [task, situation, event] sucks/stinks."
- "Who designed it this way? / Who designed this?! / What were they thinking?"
This helps protect the child from shaming themselves for struggling with an object or a sensory struggle.
- **Blame the item or situation - "That [item] is tricky."**
This helps externalize rather than turning inward with shame.
- Name what would be better / provide verbal wish fulfillment - "It would be better if [what they wished for would happen]."



Affirming and Validating Scripts for Hard Moments

Updated
Nov. 2024



Morning or Bedtime Routine

- “Brushing teeth is no fun.”
- “This is a lot to keep track of.”
- “Getting through all these bedtime things can feel exhausting.”
- “Those sandals are tricky to buckle.”
- “I know, showering is your least favorite activity.”
- “Someone should design pajamas that put themselves on.”

Sensory Stressors

- “Yuck, right?”
- “Oh, that’s awful.”
- “Way too rough!”
- “Uncomfortable.”
- “Seams are tricky.”
- “Nope!” / “Not that!” (*said to the uncomfortable item / sensory stressor, while taking it away*)
- “Who designed hair brushes?!”
- “They should design something that cleans our teeth without us noticing.”



Affirming and Validating Scripts for Hard Moments

Updated
Nov. 2024



School or Homework Stress

- “Homework is no fun.”
- “You already worked hard all day.”
- “This is a lot.”
- “You probably just want to relax.”
- “Why did they write it this way? It’s confusing.”
- “Hm...I can see why you solved it that way. That’s what I would have done too.”
- “It would be better if there was never any homework.”
- “It would be better if the computer could just read your thoughts and write them down for you.”

Perceived Unfairness

- “Yeah, that rule’s not fair.”
- “I messed that up.”
- “It would be better if it were equal.”
- “You hate when things aren’t even.”
- “It makes sense you’re upset about that.”