



Why Tone Matters Cheat Sheet



Around age 11, a girl's brain becomes highly sensitive to emotional cues like tone of voice. A sharp tone can trigger defensiveness or shame, while a calm tone can foster connection and safety.

<u>Common Tone Pitfall</u>	<u>Upgrade for connection</u>
'Because I said so!'	"She's dysregulated and struggling right now. I can model calm for her while holding a boundary."
'What were you thinking?'	"Connection builds influence. I can reset and figure out how to guide her here."
'Seriously? That's what you're wearing?'	"Am I leading clearly and consistently? I'll connect first, then re-state the expectation calmly."
'That's enough, young lady.'	"Sensitivity isn't weakness. I can validate her feelings and still teach resilience."
'You're fine!'	"Conflict doesn't have to mean disconnection. I can stay calm, set a limit, and come back to connection."

Tone Tips for Everyday Moments

- ✓ **Breathe first:** Take one calming breath before speaking.
- ✓ **Lower your voice:** Speak slower and in a lower register to signal calm.
- ✓ **Use repair language:** If your tone was harsh, say: 'That came out sharper than I meant. Let me try again.'
- ✓ **Listen for what she hears:** Ask, 'How did that come across?' and be open to the answer.

Remember This...

Your daughter needs you to be present not, perfect .
Your tone can either open the door to connection or shut it.
Just keep practicing and showing up.