

Palat Ke Jawab

"Aap mujhe force nahi kar sakte!" — full attitude

KYA KARO

1. Bait mat lo — ladai ke liye do chahiye
2. Attitude ke neeche ki feeling ko naam do
3. Redo do: "Phir se bolo, sahi tareeke se"

YEH BOLO

"Gussa theek hai. Aise baat nahi hogi. Normal bolo — main sun rahi hoon."

"Phir se try karo — jo tareeka kaam karta hai."

YEH MAT KARO

- ✗ Volume se volume ka match — jeetta koi nahi
- ✗ Sabke saamne jhukane ki koshish
- ✗ Sarcasm wapas maarna — wahi toh seekh raha hai

SCIENCE KYA BOLTI HAI

Back-talk independence ki practice hai — aur aap safe audience ho. Aapka calm hi unka model hai.

Roz ka ek chhota kadam — ProParents app

Poora guide: proparents.in/parenting/back-talk

Based on CDC's Learn the Signs. Act Early. guidance · Screening, not diagnosis · proparents.in



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