

# Script

## How to Show Children That You Mean What You Say

*Scenario: Mom is in the kitchen. She asks her kids, Jeff and Georgia, to stop playing in the family room so they can come to the dinner table. They don't respond.*

**Mom stops what she's doing and walks into the family room.**

**Mom:** Hey you two...

*Jeff and Georgia don't look up.*

**Mom:** I see you're right in the middle of playing that game! What's happening right now?

**Jeff:** I just got this guy onto the "home" spot. I only have two guys left to get there.

**Georgia:** And I only have one guy left!

**Mom:** Oh man, I'm really sorry but you're not going to find out who wins right now. It's time for dinner.

**Jeff:** But Mom!

**Georgia:** C'mon, let us FINISH!

**Mom:** Unfortunately there is no time to finish. It's dinner time and the food will get cold.

*Jeffrey and Georgia start to complain. Jeffrey starts to pick up the dice to make one more play. Mom puts her hand on top of Jeffrey's firmly.*

**Mom:** Sorry, Jeff. I know it's hard to stop when you're right in the middle of something.

*Jeff makes a frustrated noise. Mom doesn't let him suck her into Yuck. She does not respond to him.*

**Mom:** Well... I'd love to hear more about the game. Did anyone get tagged and have to start from the beginning?

**Jeff:** Oh yeah, you should have seen it...

**Mom:** Tell me as we walk to the dinner table, Jeff.

*Georgia, Jeff, and Mom walk to the table together as they tell her about the game.*

*NOTE: If helping the kids transition from their game doesn't help, their mom will need to be firm, even if it means that the kids get upset. Once they travel the curve and release their Yuck, they can do what they're supposed to do.*



- **KEY TAKEAWAYS:** Instead of yelling at the kids from another room to stop playing, Jeff and Georgia's mom goes into the room where the kids are playing. She respects that they are in the middle of doing something. However, she is still firm while offering a tool for them to be successful – **asking them to talk about what they were doing to help them transition from one mental space to another.**
- **TIP:** This situation will go much better in the moment if Jeff and Georgia's mom has been proactively **demonstrating that she means what she says and making deposits into her relationships with them.**