

CASE STUDY: Child Melts Down When They Lose

WHAT TO DO NOW

HOW YOUR CHILD IS *HAVING* A PROBLEM, NOT *BEING* A PROBLEM:

Even though it doesn't seem like a big deal to you, losing a game can make a child feel out of control and bad about themselves. It's especially hard when they already feel like they aren't good enough. Losing represents another thing going wrong.

SHORT TERM ACTION

When they lose, say something to show you're on their side.

Then be quiet and let them travel the Yuck curve.

(This could sound like "You really like this game and wanted to win." Then stop talking.)

Note: If they're behaving negatively when they're traveling the curve, you can't address it now. And that doesn't mean you're "letting them get away with it." You're going to address the behavior later and teach them HOW to do better.



Want to learn how to make small wins to see long-term results?
Use the **4R Method** for reducing Yuck +
long-term improvement in behaviors, moods, and attitudes