

CASE STUDY: Child Melts Down When They Lose

RESPOND Effectively in the Moment

Scenario: *I was playing a game with my daughter. She lost and started crying hysterically.*

YOUR STRATEGIES

What is in NOT in your control? *My daughter's reaction*
What IS in your control? *My reaction to her*

What strategy you will use to REGULATE yourself: *I will say the mantra, "She needs help, not judgment"*

External cue if needed: *None needed*

What REASON (roadblock) you may have to address in the moment: *That she feels bad about herself*

How you will address that: *By letting her know I'm there*

What you will say to re-state the boundary: *"We will play more when you can focus on the game."*

What you will do while they are ROUNDING the curve: *Wait with her, focusing on not trying to make her feel worse*

Your "To-don't" list: *Get upset that she's not handling it the way I want her to.*

YOUR SCRIPT FOR YOU

When my child *starts crying after she loses a game,*
I will *remind say the mantra "She needs help, not judgment" [to help me regulate] and ask let her know I'm there [to address the reason].*

If that doesn't work, I will restate the expectation by saying *"We will play more when you can focus on the game" and wait with her, focusing on not trying to make her feel worse [while they round the curve].*

In the moment, I will NOT *get upset that she's not handling it the way I want her to.*