

Say This... Not That

When Your Child Melts Down When They Lose



Instead of Saying...

Stop being such a sore loser!

You need to learn that you're not always going to get your way.

Look, your brother doesn't melt down when HE loses!

Say This To Yourself....

Telling her that her behavior is awful isn't going to make her behave better. She needs to feel understood in order to get out of Yuck. She doesn't need a reminder that she's doing it wrong.

If I want to teach her how to handle that she's not always going to get her way, I need to show her how to do that... not criticize her for not knowing how to do it yet.

What her brother does has nothing to do with her. Comparing her to her brother is only going to make her feel worse about herself... and her brother.

Say This To Your Child...

Losing can be hard.

Can I tell you what I do when I'm disappointed that things didn't go my way?

Let's figure out what works for you to help you handle this feeling. I know it seems really big sometimes.