

CASE STUDY: When Children Compare and Compete

RESPOND Effectively in the Moment

Scenario: *My son and daughter are always fighting about who got more of anything... My daughter gets especially mad if she thinks her brother got more time on his device than she did. I explain that they have equal time (or why he got more if he did), but she won't listen.*

YOUR STRATEGIES

What is in NOT in your control? *Whether my daughter compares what she's doing to what her brother does*

What IS in your control? *How I view that behavior and what I say to her*

What strategy you will use to REGULATE yourself: *I will remember that she doesn't know how to handle her disappointment that she can't be on her device. I'll remember that she's on the Yuck curve and won't be logical until she's off.*

External cue if needed: *I can put a picture of the Yuck curve on the wall.*

What REASON (roadblock) you may have to address in the moment: *That she really wants to be on her device more.*

How you will address that: *Showing that I understand why she wants to be on her device.*

What you will say to re-state the boundary: *"I'm not going to compare what you get to what your brother gets... I will listen if you want to tell me what YOU want."*

What you will do while they are ROUNDING the curve: *I won't respond to anything rude or illogical that she says.*

Your "To-don't" list: *I won't respond and insist that everything is equal or that she should think logically about why he may be on his device when she can't be on hers.*

YOUR SCRIPT FOR YOU

When my child compares what she has with what her brother has, **I will** remember that she's not trying to annoy me; she's just frustrated [to help me regulate] and respect that she really wishes she could have more screen time. [to address the reason].

If that doesn't work, I will restate the expectation by saying "I'm not going to compare what you get to what your brother gets... I will listen if you want to tell me what YOU want." and then stop talking [while they round the curve].

In the moment, I will NOT insist that she should understand why her brother is on screens when she can't be.