

Script

When Your Child Is Not Putting Effort Into Schoolwork

Scenario: Amelia's mom notices that Amelia has done a very sloppy job on her homework. She asks Amelia to re-do it, but Amelia is extremely resistant.

Example of mom suggesting a strategy to help Amelia slow down:

Mom: Amelia, please come do your assignment.

Amelia: I already did it!

Mom: There are a lot of mistakes... and one part is missing.

Amelia: Ugh, Mom! Stop being annoying!

Mom is frustrated that Amelia is calling her annoying. But she recognizes that while the behavior is not acceptable, it's her Yuck turned out and there's nothing she can do about it in the moment. She reminds herself to be on Amelia's side rather than against her.

Mom: I'm sure you do NOT want to come back and do this right now. It's math, which I know is super-boring for you. Hey, I have a thought...

Amelia (hesitatingly): What?

Mom: What if you did these problems differently?

Amelia: What do you mean?

Mom: Why don't you say the problems out loud, tell the problem how much you hate it, and then I'll help you on the ones you hate the most.

Amelia: You hate it when I complain.

Mom: Let's do it differently this time....

Mom REGULATES herself

Mom addresses the REASON & offers a tool for engagement

If Amelia's in too much Yuck already, she will NOT be agree to an engagement tool. Then:

Amelia: I'm not doing it.

Mom: Amelia, these last few problems need to get done. And once that happens, you can talk to your friends again.

Amelia: That's not fair!

Mom *doesn't say anything.*

Amelia: MOM! I was in the MIDDLE of something.

Mom: I'm sorry. It's time to finish your schoolwork.

Amelia: You're so rude!

Mom *doesn't say anything.*

Amelia: You always tell me what to do!

Mom *doesn't say anything.*

When she realizes her mom isn't budging, Amelia starts to do the problems. At first, she yells at them while she's doing them. But then she calms down, finishes them, and puts them away.

Mom is firm but not losing her cool

Mom lets her ROUND the Yuck Curve & doesn't get sucked in



- **KEY TAKEAWAY:** Instead of getting angry at Amelia for not putting in enough effort, her mom realizes that she might not know how to slow down when she doesn't want to do something. She offers her a strategy to help address this missing skill. If Amelia still resists, that's a sign that she is in too much Yuck. In that case, Amelia's mom can firm with her boundary and let Amelia travel the Yuck curve so she can do what she's supposed to do.