

**CASE STUDY: Your Child Is Mean When Others Touch Their Stuff**

**Identify ROADBLOCKS**

*Scenario: My son was looking at a book when his younger sister came up and took one of his toys that he wasn't playing with. He started yelling at his sister that it was his and she needed to let it go.*

**ROADBLOCKS FROM EXPECTATIONS**

- ✓ My child hasn't been able to meet this expectation consistently in the past
- ✓ The expectation was not focused on what TO do
- ✓ When I enforce the expectation, I'm often doing it with lots of emotion (anger, judgment, etc.)

**What is a realistic expectation you can enforce?**

*I can consistently (and calmly) remind him how I'd like him to act and speak to his sister.*

**SKILL-BASED ROADBLOCKS**

Skill	This skill is needed in this situation	My child has NOT mastered this skill
Persisting in a boring task		
Handling transitions		
Problem solving	✓	✓
Flexible thinking	✓	✓
Handle discomfort / cope maturely	✓	✓
Controlling their impulses		

**Which skills might your child need to learn in order to be successful in this scenario?**

*He'll have to learn how to stop seeing his sister taking his things as a bad thing... and how to handle his frustration differently if he does feel that way.*

**YUCK-BASED ROADBLOCKS**

**Emotional Yuck:**

They are in Yuck because they feel

- ✓ Disrespected / misunderstood
- ✓ Incapable
- ✓ Out of control

**What Yuck might need to be addressed for your child to act and feel better?**

*He needs to feel like I respect his perspective, not just his sister's. He probably also needs to have a little bit more of a sense of control over the situation.*