

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

Create **ROUTINES**

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.*

IDENTIFY & PRIORITIZE YOUR ROUTINES

The order in which you will create routines:

- ✓ **_1_ Yuck dumps (about this situation)**
- ✓ **_2_ Deposits into Significance**
- ✓ **_3_ Teach a tool: Problem solving / flexible thinking**
- ✓ **_4_ Teach a tool: Handle discomfort / cope maturely**

SCHEDULE YOUR ROUTINES

Regular time I will learn about these tools: *Monday or Tuesday morning when the kids are still sleeping.*

Regular time I will teach these tools: *When I'm sitting with him while he's having a snack*

Regular time we will practice these tools: *Also during that time*