

CASE STUDY: Your Child Won't Get Off of Their Device

RESPOND Effectively in the Moment

Scenario: *My daughter was playing a game on her ipad and I asked her nicely - 4 times - to get off. But she didn't listen, even after I threatened to take away future screen time.*

YOUR STRATEGIES

What is in NOT in your control? *Whether or not she gets off of her device*
What IS in your control? *How I respond to her behavior*

What strategy you will use to REGULATE yourself: *I have to see this from her perspective. I'd be frustrated if someone asked me to do what I'm asking her to do, especially if I were a kid and had so little control over my time.*

External cue if needed:

What REASON (roadblock) you may have to address in the moment: *That she needs help transitioning and she needs to feel like I'm not AGAINST her.*

How you will address that: *I will go over and see what she's doing. I'll either have her find an endpoint or I will ask her to tell me about what she was playing as we walk away from her game.*

What you will say to re-state the boundary: *"It's time to stop playing now."*

What you will do while they are ROUNDING the curve: *I will remind myself that she's having a hard time and needs my support.*

Your "To-don't" list: *I won't tell her that she's being rude and I can't believe she's acting that way.*

YOUR SCRIPT FOR YOU

When my child is not getting off of her ipad

I will remember her perspective and how I'd feel in that situation [to help me regulate] and help her find an end point to her game or ask her to talk to me about it. [to address the reason].

If that doesn't work, I restate the expectation by saying "It's time to stop playing now." and I will remind myself that she needs my support, not my anger [while they round the curve].

In the moment, I will NOT tell her that I can't believe she's acting that way. (Because I can believe it!)