

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

**Identify ROADBLOCKS**

*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.*

**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 help her by providing a transition tool... And if that doesn't help this time, before she plays again I can tell her that she has to earn future screen time by showing she can stop when asked.*

**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?**

*She will have to learn how to transition, even when she's doing something she enjoys. She'll also need to learn how to maturely handle things not going the way she wants.*

**YUCK-BASED ROADBLOCKS**

**Emotional Yuck:**

They are in Yuck because they feel

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

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

*She's having a really hard time stopping in the middle of something just because I ask her to. And she feels like I don't care, and she has zero power in the situation.*