

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

Create **ROUTINES**

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.*

IDENTIFY & PRIORITIZE YOUR ROUTINES

The order in which you will create routines:

- ✓ **_1_ Teach a tool: Handling Transitions**
- ✓ **_2_ Joint Problem Solving**
- ✓ **_3_ Deposits into Significance**
- ✓ **_4_ Teach a tool: Handle discomfort / cope maturely**

SCHEDULE YOUR ROUTINES

Regular time I will learn about these tools: *Saturday afternoons when the kids are at swimming.*

Regular time I will teach these tools: *When we're out for our walk on a weekend.*

Regular time we will practice these tools: *On our walk and at dinnertime.*