

# Script

## When Your Child Won't Get Off of Their Device When You Ask

*Scenario: Davina is playing on her iPad when her dad asks her nicely to get off. He asks her nicely again, but she still doesn't listen.*

**Dad:** Davina, I told you, it's time to stop playing on your iPad.

**Davina** *doesn't stop playing.*

**Dad** *is becoming frustrated, but he takes a moment to remind himself that he hates it when Davina interrupts him when he's in the middle of something. He also knows that approaching her in anger will not help.*

**Dad:** Davina?

**Dad** *walks over to where Davina is watching and notices that she is right in the middle of her game.*

**Dad** *(referring to her game):* Oh hey, that's cool! How did you build that??

**Davina:** I had to get a special type of tool to get the blocks I needed.

**Dad:** Wow. Was it hard to get that tool?

**Davina** *(still playing):* Yeah.

**Dad:** I want to hear how you got it! It IS time to get off of your device now, but can you tell me about it on the way to Karate practice?

**Davina:** I'm right in the middle of this!

**Dad:** I know, and I get annoyed when I have to stop things too.

**Davina:** Then don't ask ME to!

**Dad:** You know what? Next time we'll find a way to make it less frustrating to stop. I have some ideas for how to make that happen. For now we have to go.

**Davina** *(sighs):* Fine.

Dad REGULATES himself

Dad addresses the REASON - that Davina is having a hard time with the transition. He's also showing that he's on her side, not against her.

*If Davina hadn't gotten off of her iPad:*

Dad is firm but not losing his cool.

**Dad** *(firmly):* Davina, it IS time to get off of the device. You can stop playing or I can turn the wifi off.

**Davina:** That is SO RUDE!

**Dad** *turns off the wifi since Davina is not getting off of the iPad.*

**Davina** *starts yelling at him and telling him how mean he is.*

**Dad** *does not respond. He knows that Davina is frustrated, and he makes a mental note to start working on coping skills so that she knows how to handle her feelings without being disrespectful to him.*

Dad lets Davina ROUND the Yuck Curve & doesn't get sucked in



**TAKEAWAYS:** Davina's dad doesn't like that Davina is not listening when he asks her to stop playing. But instead of getting into a power struggle, he starts by offering her some transition tools to help her do something that he knows is difficult.

If giving her tools doesn't help, he sets a firm boundary and lets her release her Yuck. While she's doing that, he works on not getting sucked into her negativity. He also reminds himself that he'll need to help her learn how to cope more respectfully in the future.