

CASE STUDY: When Your Child Won't Get Off of Their Device When You Ask Them To

WHAT TO DO NOW

HOW YOUR CHILD IS STRUGGLING

When a child won't get off of their device when you ask them to, it seems like they're simply being defiant. In reality, once their brain is engaged in something, it's incredibly hard for them to disengage. (It's hard for us too! All humans' brains are wired to FINISH something, and we get frustrated when we can't.) In addition, children usually feel out of control and disrespected when we ask them to stop doing something... and they don't have mature ways of expressing this.

SHORT TERM ACTION

If possible, try to find a good stopping point before you ask them to get off of their device. If that's not possible, try letting them tell you about what they were doing as they transition to the next task.

If that doesn't help, simply re-state the boundary and let them travel the Yuck curve.



Remember, this is a short-term solution!
Use the **4R Method on the following pages** for reducing Yuck +
long-term improvement in behaviors, moods, and attitudes