

CASE STUDY: Child Makes a Big Deal Out of Small Things

RESPOND Effectively in the Moment

Scenario: *I was singing with Alexis and we were having a good time. In one song, I didn't know the words and I substituted other words. Alexis freaked out.*

YOUR STRATEGIES

What is in NOT in your control? *How my daughter reacts*
What IS in your control? *How I react*

What strategy you will use to REGULATE yourself: *I will remind myself that even if I want her to react differently, in that moment it's too late and she needs my support*

External cue if needed:

What REASON (roadblock) you may have to address in the moment: *That she doesn't like when things don't go the way she imagines*

How you will address that: *By letting her know that I understand why she got upset*

What you will say to re-state the boundary: *I don't think I need to do that here.*

What you will do while they are ROUNDING the curve: *I will count backwards from 50 slowly.*

Your "To-don't" list: *I won't tell her that she's acting dramatic or that she needs to stop.*

YOUR SCRIPT FOR YOU

When my child *has a big reaction to something small*
I will *remind myself that she has a hard time when things don't go the way she imagines [to help me regulate] and let her know that I understand and respect that. [to address the reason].*

If that doesn't work, I will *count backwards from 50 slowly [while they round the curve].*

In the moment, I will NOT *tell her that she's acting dramatic or ask her to stop doing that.*