

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

Identify **ROADBLOCKS**

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.*

ROADBLOCKS FROM EXPECTATIONS

- ✓ My child hasn't been able to do this in the past
- ✓ The expectations are not consistently enforced
- ✓ When I enforce the expectations, I'm often doing it with lots of emotion (anger, judgment, etc.)

What is a realistic expectation you can enforce?

I can let her know that I will continue to work with her on handling it when things don't go the way she imagines in her head.

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'll definitely learn to think more flexibly.

YUCK-BASED ROADBLOCKS

Emotional Yuck:

They are in Yuck because they feel

- Disconnected
- ✓ Disrespected / misunderstood
- Incapable
- ✓ Out of control
- Worried that something bad might happen

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

I'll need to understand why it upsets her so much instead of telling her she's making a big deal over nothing.