

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

### Create **ROUTINES**

*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.*

#### IDENTIFY & PRIORITIZE YOUR ROUTINES

The order in which you will create routines:

- ✓   1   Teach a tool: Handle discomfort / cope maturely
- ✓   2   Teach a tool: Problem solving / flexible thinking
- ✓   3   Deposit into Emotional Needs Account: Significance

#### SCHEDULE YOUR ROUTINES

**Regular time I will learn about these tools:** *While I'm eating lunch on Mondays*

**Regular time I will teach these tools:** *While we're in the car, especially when we have more time together*

**Regular time we will practice these tools:** *Same as above*