

Say This... Not That

When Your Child Makes a Big Deal Out of Small Things



Instead of Saying...

Stop being so dramatic!

How are you going to learn to handle life if you react like that?

Please don't do that in front of your brother... Now he's acting dramatic like you are.

Say This to Yourself...

Telling her to stop being so dramatic may make *me* feel better, but it doesn't seem to give her what she needs.

If I want her to learn to handle life, I need to teach her HOW to react differently. By the time she's in this place, making her feel worse won't make the situation better.

He's a child and can't just stop his feelings when his brother is around. To make the situation better, I need to help him, not criticize him.

Say This To Your Child...

I can tell that something upset you.
{Then don't say much; just let her travel the Yuck Curve.}

Your brother did something that bothered you.
{And make a note to yourself to talk to her when she's not in Yuck about how to handle it differently.}

Do you need a hug? We can handle hard things when we're in it together.
{And make a note to yourself teach both kids how to cope with their feelings.}

KEY TAKEAWAY: In the moment when reactions are big, criticizing those reactions won't make them stop. Instead, we have to help them feel safe as they travel the curve... and more proactively teach them tools to cope more effectively.