

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

WHAT TO DO NOW

HOW YOUR CHILD IS STRUGGLING

Often when our children make a big deal out of small things

1.) **It's more than just that small thing that's upsetting them.** (They may get upset because they made a tiny mistake. But it wasn't the mistake that was a big deal; it was *that the mistake may make them feel dumb or less than others around them.*)

2.) Usually children who make a big deal out of small things are children **feel things strongly**. So whatever it is that they feel, they feel it strongly. **They may seem like they're making a big deal, but they're acting in proportion to how they feel.**

SHORT TERM ACTION

Instead of over-identifying with their emotions (going into Yuck because of it) or under-identifying their emotions (and minimizing how they feel), **simply observe what you see:**

"It looks like you stubbed your toe and it hurt."
Then don't say much else as they travel the Yuck Curve.

This will NOT make them feel better. But you're also showing them that you care about their experience without getting sucked in or telling them they shouldn't feel how they feel.



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