

Script

When Your Child Doesn't Want to Do Homework After School

Scenario: Kristi has just gotten and is talking about her day. She seems to be in a good mood. When her dad reminds her that she has to start her homework so that she can make it to soccer practice on time, her mood completely shifts.

Kristi (*whining*): I don't want to do my homework.

Dad: Why not?

Kristi (*whining*): I was just in school all day. I don't want to do more school work.

Dad *can't stand Kristi's complaining and whining. But he knows that if he focuses on that, he'll lose his cool and that won't lead to Kristi doing her homework faster. Instead, he focuses on staying calm, reminding himself that he doesn't have to be controlled by Kristi's behavior.*

Dad: That's true. You were in school for a lot of hours. I bet you're tired.

Kristi: Yeah.

Dad *knows that if he keeps telling her why his agenda matters more than hers, she'll only be more resistant. So he attempts to get into her world with her.*

Dad: In a perfect world, what would you do now instead of homework?

Kristi: I'd get a snack... then ride my bike... then work on that collage I was making.

Dad: Oh that sounds like fun.

Kristi (*hopeful*): Can I do that?

Dad: Oh, I think you can do that AND go swimming AND go to that new amusement park and...

Kristi (*realizing he's kidding*): Dad.

Dad: Trust me, I wish we could do all the too. But no. You have soccer, so homework has to get done within the next hour.

Kristi: Can I wait to do it then? If we're not leaving for an hour?

Dad: You know what? We tried that once and it didn't work. So homework is now. But... I want to know what about it you hate so much. Maybe I can help you get through it.

Kristi: It's just BORING!

Dad: Yeah, it is, isn't it?! OK, let's try this... Do 5 problems at a time. After each set of 5 you can tell me something about that show you were watching last night. I heard you laughing while you were watching...

Dad *is showing her that he's on her side but he's still setting a boundary. Because he's considered her roadblocks, he tries to give Kristi the tools she needs to be successful in meeting the boundary.*

Kristi: But you've never seen that show!

Dad: Great. Then you'll have a lot to tell me. Now go get your books. I want to hear!

Kristi (*sighs*): Fine.

Kristi walks to get her homework.

Dad REGULATES himself.

Dad cares about the ROADBLOCK.

If Kristi is in too much Yuck, she won't do her homework and will need to release her Yuck first.

Dad (*firmly*): Kristi, homework has to get done now.

Kristi (*whines*): But I don't want to!!

Dad *doesn't respond.*

Kristi: Dad! Stop ignoring me!

Dad: I'm waiting for the homework to be done.

Kristi complains and whines for a few more minutes. Her dad doesn't engage and focuses on staying calm himself. Once Kristi releases all of the Yuck, she finally does her homework.

Dad lets her ROUND the Yuck Curve & doesn't get sucked in



TAKEAWAY: Kristi's dad just wants her to do her homework. But since he knows he can't make her, he connects with her and offers tools to support her. If that doesn't help, he lets her release her Yuck so that she can re-access the part of the brain that allows her to do what she doesn't feel like doing.