

Examples of When-Then Statements

Handling Issues with Schoolwork

The 4R Response Method

When my child tells me they hate school, then I will

...remind myself, "I am the adult and need to act like the adult."

To REGULATE

...say, "You know what, schoolwork really is boring, isn't it? Want to set a timer to go off every 10 minutes so you only have to do 10 minutes at a time?"

To address the ROADBLOCK

If she isn't receptive, I will firmly say, "Schoolwork does have to get done." Even if she tells me how mean I'm being, I won't engage with the Yuck as she gets upset and rounds the Yuck Curve.

To let them ROUND the Curve

When my son hasn't studied for a test that I know is tomorrow, then I will

...remind myself, "there's a reason he's not studying. I can show him that I am here to help him, not criticize him."

To REGULATE

...say, "Hey, I know there's a test tomorrow. I bet you didn't feel like studying, huh? It's not a subject you enjoy. Do you want to do it together?"

To address the ROADBLOCK

If he says no but I know that he still needs to study, I will firmly say, "The test is tomorrow. I'd like you to show me that you know the material before you play another video game." As he's letting me know how much he hates that boundary, I will remember not to get angry and that he is releasing his Yuck.

To let them ROUND the Curve

When my daughter is not following the homework plan that we made, then I will

...recognize that even if she isn't solving the plan now, we can figure out a solution.

To REGULATE

...say, "It seems like you didn't like that plan we made, did you?"

To address the ROADBLOCK

Be firm and say, "As we decided together, you can't go to your friend's house until the homework is done. I'll be around if you do want help getting it done." No matter how upset she gets, I will remember that this is what happens when kids are in Yuck and there's no reason to slip into Yuck with her.

To let them ROUND the Curve