

BLOOM

50 Things to Say, Think and Do with Anxious, Angry, and Over-the-Top Kids



CHAPTER 8 Schoolhouse Blues

WHAT TO SAY

SAY

It was a rough day for you. I'm going to be your best helper figuring out what went wrong.

SAY

It takes time to learn the right thing to do. I'm going to help you.

SAY

You are a loving child and I simply adore you.

SAY

What do you think gets you in trouble?

SAY

What do you think need(s) to change in school for you to be happier?

SAY

Let's draw a picture about how you well your day will go in school tomorrow.

SAY

SAY

SAY

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WHAT TO SAY

SAY

You will get another chance to try it again tomorrow. I know you can do it!

SAY

I'm not mad at you. It's my job to help you.

SAY

Instead of talking about consequences, let's talk about what happened today.

SAY

Together, we're going to learn what skills you need to feel better in school.

SAY

SAY

SAY

SAY

SAY

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WHAT TO THINK

THINK

It's time for me to be a detective and figure out what is underneath my child's behavior.

THINK

I need to consider what is causing my child such difficulty.

THINK

The teacher and I need to work together to discover what my child needs that he is not getting.

THINK

I need to talk with the teacher and get her input.

THINK

My child is misbehaving for a reason. My job is to figure it out.

THINK

I will be open to my child getting professional help.

THINK

I am not going to let negative thoughts about my child's behavior overwhelm me.

THINK

Sometimes things are not as they appear on the surface.

THINK

I will talk with our doctor and consider a professional referral. Maybe we need to have a professional assessment to decide what to do.

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WHAT TO THINK

THINK

This is not my child's fault.

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THINK

My child wants help to behave better.

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THINK

I will learn more about attention and learning issues knowing there is a reason my child behaves as he does.

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THINK

I am my child's best advocate, which means I must take the time to study the issues underlying my son's challenges.

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WHAT TO DO

DO

Despite your sadness, fears or frustration stay connected and present with your child.

DO

Know that the meaningful moments you share with your child are part of the solution.

DO

Work with the school, your child's teacher, or a school advocate to get what your child needs in the classroom.

DO

Advocate for your child from a place of calm not anger.

DO

Become educated by reading and researching your child's dilemma.

DO

Share your BLOOM book with educators. Help them understand the approach you are taking and what works for your child.

DO

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WHAT TO DO

DO

Contact your medical health care provider for referrals for assessment and intervention.

DO

Try to remember that what appears to be willful misbehavior is usually a skill deficit or difficulty modulating emotion.

DO

Bring solutions to the table when you meet with the teacher.

DO

Use the resources mentioned in BLOOM to understand the landscape of challenges we often see in children at home and in school.

DO

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