

# Being dismissive: Dad and Sarah

Dad: What's the matter?

Sarah: My picture's ugly.

Dad: Let me see. Sarah, it's a beautiful picture. What's wrong with it?

Sarah: It's no good. Sally's picture was much better ...

Dad: Oh don't be silly sweetheart. Your picture is just as good as hers I'm sure.

Sarah: Huh?

Dad: Come on, let's go and read a story. You'll be alright.

Sarah: Naa. I don't want to. (she leaves the room)



# Emotion Coaching: Dad and Sarah

Dad: What's the matter?

Sarah: My picture's ugly.

Dad: Let me see. Sarah, it's a beautiful picture. What's wrong with it?

Sarah: It's no good. Sally's picture was much better...

Dad: Hummm... so you're feeling a bit disappointed that your picture isn't as good as Sally's.

Sarah: Yeah.

Dad: It's frustrating when you try really hard and then you don't think your picture is really good. I feel sad too when I don't do as well as I would like.

Sarah: Mmm. But she didn't like her picture either.

Dad: Oh, so it sounds like you were both disappointed with your pictures. Were there any things at preschool that you did think you did okay on today?

Sarah: Yeah, I was first to clean up all the paints and Wendy said that I was very good.

Dad: Oh, that's great.

Sarah: Yeah.

Dad: Well done!

They start to read a book ...

