

# Being dismissive: Mum and Cody

Mother: Cody, it's time for preschool.

Cody: I don't want to go.

Mother: Come on, it's time to go. I've got to drop you there to take Michael to the doctors after. (in a matter-of-fact tone)

Cody: Noooo. I hate preschool. (whimpering)

Mother: No you don't. You love going. You've never not wanted to go before. What's happened now?

Cody: I just don't want to. (starts to cry)

Mother: (starting to get irritated) Come on Cody, I haven't got time right now. Get your shoes and your bag. You're going to make me late! (annoyed)

Cody: (kicking her bag, she starts to wail)

Mother: Stop it Cody!! Will you get in the car. (exasperated)

The situation continues ...



# Emotion Coaching: Mum and Cody

Mother: Cody, it's time for preschool.

Cody: I don't want to go.

Mother: Come on, it's time to go. I've got to drop you there and take Michael to the doctors.

Cody: Noooo. I hate preschool.

Mother: Oh, you don't like preschool? That's not what you usually say. Has something happened there?

Cody: No. (starts to cry)

Mother: Oh (giving a cuddle). Something has made you feel sad and stopped you wanting to go to preschool.

Cody: (hugging mum) I want to stay home.

Mother: You're feeling sad and now you want to stay home.

Cody: Yes. I hate Jordan.

Mother: Did something happen with him yesterday?

Cody: Yeah, he pushed me over. And told the others not to play with me.

Mother: Oh, that's a bit rough. No wonder you're feeling sad. Maybe you're a bit angry with him too?

Cody: Yeah. I'm not playing with him anymore. I'd rather play with Adam.

Mother: Oh, so you think you might play with someone else. That sounds like a good idea. I bet you'll have fun with Adam. Maybe you can ignore Jordan?

Cody: Yeah

And off they go to preschool ...

