

Being dismissive: Mum and Cody

Mother: Cody, it's time for school.

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. (in a matter-of-fact tone)

Cody: Noooo. I hate school. (whimpers)

Mother: No you don't. You love going to school. 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: (Kicks his bag and 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 school.

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 school.

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

Cody: No. (starts to look tearful)

Mother: Oh, sweetheart (giving a cuddle). Something's made you feel sad and stopped you wanting to go to school.

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

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

Cody: Yeah. I hate Jordan.

Mother: Did something happen with him yesterday?

Cody: Yeah, he pushed me over in the hall and told the others I couldn't hang out.

Mother: Oh, that's a bit rough. No wonder you're feeling sad. Maybe you're a bit angry with him too saying that in front of your friends?

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 just ignore Jordan.

Cody: Yeah. The others don't really like him anyway ...

And off they go to school ...

