

# Coaching anger: Mum and Sally

Jessica comes into the room to find her daughter, Sally, huddled around her toy house and younger brother, Tom, screaming on the floor nearby. Jessica scoops up Tom and settles him with a cuddle.

Mum: Sally, what happened?

Sally: (says nothing, and starts putting her dolls into the dolls house).

Mum: I can see that something happened here with Tom. Do you want to tell me about it?

Sally: (angrily) He tried to cut off Jessie's hair!! (her new Barbie doll)

Mum: Oh!! (Sympathetically), And then what happened?

Sally: (looks at her Mum sullenly).

Mum: It looks like you got really mad with him... and a bit worried that Jessie would lose her hair.

Sally: He always mucks up my things. I don't want him to play.

Mum: Yes, I know you get mad at him when he mucks up your things. It is difficult having a little brother who wants to do what you do.

Sally: (after a couple of minutes stands and walks over to her Mum).

Mum: (Touching Sally gently on the arm) I know it is tough having to share things with Tom. But you know you can't push him over like that. It's not okay hurting him. What do you need to do when he mucks up your things?

Sally: (sullenly) I don't know.

Mum: (waiting a few minutes) What could you do next time?

Sally: Maybe he can't touch Jessie.

Mum: Okay, you could just keep Jessie away. What else could you do to stop him wanting to play with Jessie?

Sally: Give him Jarred? (male Barbie doll)

Mum: Yes, you could do that. And you know you can always let me know if he won't leave your special dolls alone and maybe together we can think of something to do that is okay for both of you.

(Sally starts to cuddle her Mum and puts her arm around Tom).

