

Group leader role play — Being dismissive: Mum and Georgia

Mum: Time for bed Georgia.

Georgia: I don't want to go to bed.

Mum: You know its 8:30 and time for bed.

Georgia: But I'm scared of the monsters.

Mum: There aren't any monsters in your room. We looked last night and there weren't any there.

Georgia: But they are there tonight!

Mum: Look, I'm getting sick of this. I'll come up and check your room again.
(They go up to Georgia's room to look.)

See, no monsters!!! You just have to put on a brave face and remember that there are no such things as monsters. You're a big 4-year-old now.

Georgia: (Screams and cries inconsolably)



Emotion Coaching: Mum and Georgia

Mum: Time for bed Georgia.

Georgia: I don't want to go to sleep.

Mum: You don't want to go to sleep. Sounds like something is going on... you know it is 8:30 – bed time.

Georgia: I'm scared of the monsters again.

Mum: You feel scared by something in your room again. Hey — (gives a cuddle) would you like to show me what's scary?

Georgia: (They go up to Georgia's room and Georgia points out the shadows made by the dinosaurs on her shelf).

Mum: Those shadows really do look scary. I can see why you feel scared, I might too, if I thought they were real. (They sit on the bed and have a cuddle)

Georgia: I like it when you're here mummy. I'm not so scared of them now.

Mum: That's good.

You know, I've found that sometimes there are ways to make shadows seem a bit less scary. When I was little, I used to look at them up close. What do you think we could do to make *these* shadows seem less scary?

Georgia: We could read to them about other scarier things like dinosaurs or put shoes under my pillow, so if they come in the night I can run really fast and get away!

Mum: Those are great ideas! Do you want to try them?

Georgia: Yeah.

Mum: I reckon you're really good at coming up with ideas.

