

A PARENT'S ONE-PAGE GUIDE



The Missing Skill

The skill to teach, and what to say



01

Your child gets frustrated easily. Teach asking for help or for a break. **"Say help."**



02

Your child cries when they lose. Teach coping with losing. **"It is okay. Try again."**



03

Your child melts down when told no. Teach accepting no, paired with a real choice. **"No cookie. You can have an apple or a banana."**



04

Your child cannot wait. Teach waiting. Start at two seconds, then reward. **"Wait."**