

BAND AID VS. LONG GAME STRATEGIES TO FOSTER RESILIENCE

To foster task and emotional resilience, BAND AID PARENTS

- Set expectations based on what they want
- Are ineffective as they try to MAKE them do what they want (don't address Yuck, skills)
- Become confused, anxious, less firm as they don't know how to handle situations
- Negatively impacts a child's self-esteem as they don't consider their perspective or what they need in order to be successful

Their relationship and influence decrease.

To foster task and emotional resilience, LONG GAME PARENTS

- Make sure **expectations are realistic** and not just based on what they want
- **Are effective** because they know what's really causing negative behavior (Yuck, skills)
- **Focus on fostering task and emotional resilience** by giving them what's missing
- **Build self-esteem** by seeing a child and giving them what they need to be successful

Their **relationship and influence improve.**

Example: A child won't stay in bed

SCENARIO: *You have a project, but you're struggling. Don't know why, it's just really hard to do what you're supposed to do. And it's making you really uncomfortable.*

BOSS B

- Has **realistically high expectations of you**, based on seeing your strengths and believing in you.
- When you don't complete a project, **they don't give in or give up**. They assume that your struggle is a symptom of something going on.
- Takes the time to **see your perspective - to learn why you're struggling**
- Considers **how the situation you're in affects** how you're feeling and doing.
- Considers **which skills you may be missing and teaches them to you.**

How does this boss impact how you feel about yourself?

How do they impact how you feel about them? Your relationship with them?

Would they be effective in changing your behavior?

THE LONG GAME STRATEGY: SEE & MEET NEEDS

YOUR CHILD

See your child

- See what's TRULY going on for them
- See what's getting in their way of meeting the expectation

Meet their needs

- Identify what they need to be successful, why they're not doing better now (Yuck, skills)
- Turn this into action.

A Long Game parent respects that **there are reasons you don't see & meet their needs.**
You have Yuck and missing skills too!
These need to be addressed.

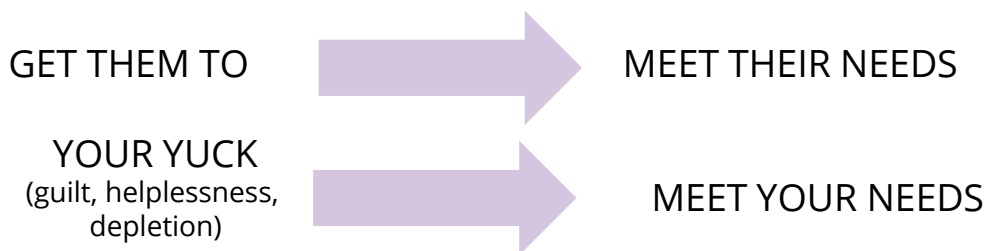
YOUR CHILD

See YOU

- See what's truly going on for you
- See what's getting in your way of being the parent / person you want to be

Meet YOUR needs

- Identify what YOU need to be successful, why YOU'RE not doing better now (Yuck, skills)
- Identify action steps to take.



TEACH THEM TO
SEE THEMSELVES, MEET THEIR NEEDS

EXAMPLES & REVIEW

Behavior: Child is not staying in bed

Make them / get them to: *Find the best punishment to make them feel bad so they stay in bed*
See and meet needs: *Understand that they're anxious and give them strategies to help them*

Behavior: Child says "I am so dumb" when they forget to put away their dish away

Make them / get them to: *Try to convince them that they're not dumb*
See and meet needs: *Recognize that doing what THEY PERCEIVE to be dumb is hard for them; teach them how to handle that discomfort rather than convincing them not to feel how they feel*

Behavior: Child rushes through homework

Make them / get them to: *Lecture them about the importance of slowing down*
See and meet needs: *Give them tools to address doing boring tasks and slowing down when their brain is insisting that they go as quickly as possible*

Behavior: They're insisting they need to be first

Make them / get them to: *Lecture them to try to convince them about why they can't be so selfish*
See and meet needs: *Understand that they do this to feel powerful and to get stimulation... and teach them how to meet those needs in a healthier way.*

GET THEM TO (BAND AID PARENTING)	SEE and MEET NEEDS (LONG GAME PARENTING)
Doesn't address Yuck or skills and is ineffective in fostering better behavior, moods, and attitudes	Addresses Yuck and skills, fostering better behavior, moods, and attitudes
Negatively impacts their self-esteem	Improves their self-esteem
Negatively impacts our relationship	Improves our relationship
Leads to our feeling confused and being "weak" in their eyes, reducing our influence	Allows us to be strong and safe, increasing our powerful positive influence