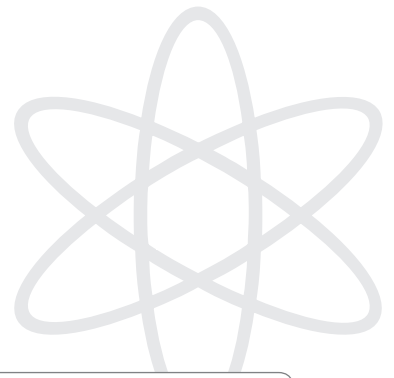


'The child whose standards are too high' handout 1 of 2



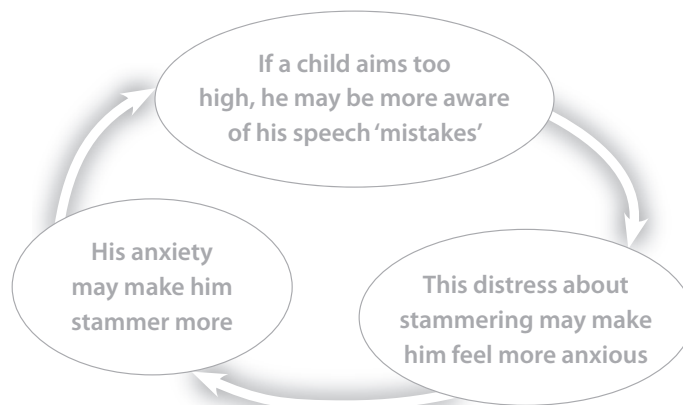
Think

What kinds of things does my child want to get exactly right or do well in?

How does he react when it's not quite right or he's not the winner?

How might this have something to do with his stammering?

A vicious circle



How can parents help?

Think

How do I react when I make a mistake or things go wrong for me?

For example:

✿ When I lose my keys ✿ When I forget something ✿ When I make a mistake.

The child whose standards are too high **2 of 2**

When something goes wrong for us, we often show anger or distress.

If we make a big deal of it, the child will think it is a big deal.

If we are able to make light of it, the child will see that things are not so bad after all when we make mistakes.

How could I react so that I show my child that I feel OK about getting something wrong?

I could try _____

Think

How do I react when my child gets something wrong?

How could I react so that my child feels OK about not getting it quite right?

Mummy! I tried to put all the toys away but they won't fit in the box.

Well done, you worked really hard and the room looks lovely now.

Yes, but there are still a lot of toys on the floor.

Oh no, we'll have to do it all again.

You should have put the big things in first.

