

# Parent Quick Card: Trying Again

Frustration is hard. You can help.



1



## Notice

"You really wanted that to work."



Point out the feeling without judgment.

2



## Name it

"This feels frustrating."



Naming the feeling helps your child feel understood.

3



## Shrink it

"Let's do one small part."



Small steps make hard things feel possible.

4



## Offer choice

"Do you want help, a break, or one more try?"



Choices build control and cooperation.

5



## Praise the process

"You kept going."  
"You tried again."  
"You asked for help."



Praise effort, not just the outcome.



**Calm first. Small step next.**



SPRiG