

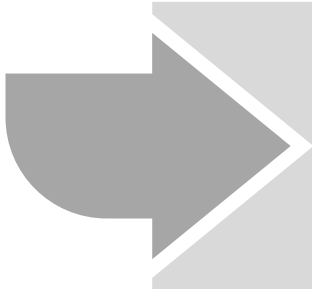
When It Looks Hard: What To Do Next

A simple way to respond to effort and inconsistency



It's not about trying harder.
It's about what's happening underneath.

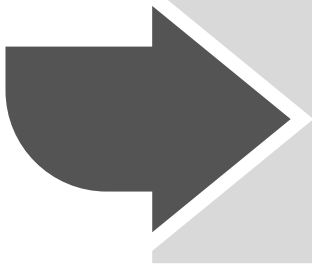
Effort is a sign, not a solution.



1. Pause the assumption

Instead of: "Why aren't they trying?"

Shift to: This might be harder than it looks.

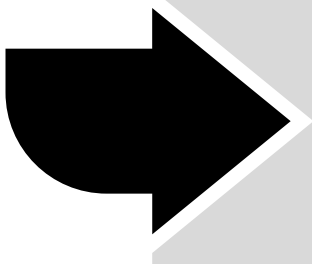


2. Look for the pattern

Ask yourself:

- Is effort high or low?
- Is this consistent or changing?

This tells you more than the outcome.



3. Adjust your response

Instead of pushing through:

- Reduce the demand
- Step in earlier
- Make it feel easier

If they manage but look tense → They may be compensating	If your child is working very hard → They may need support, not more practice
If they avoid → The task may feel too demanding underneath	If things are inconsistent → Their system is not yet stable

Over the next few days... • Notice effort, not just outcome • Watch for patterns across the day • Respond earlier — before frustration builds

If you'd like support understanding your child's pattern more deeply and knowing what to build underneath it — Strong Fingers is designed to guide you step by step.

