

Mikkel is scolded less

The door is opened and Mikkel's father, Michael, enters the room. He and Birna are divorced, but they cooperate closely on things relating to their children, and they always participate together in the meetings with well-being councillor, Allan Skovgaard. Allan and Michael talk a bit about the relationship between father and son. They are getting along a lot better than before.

- I guess you don't scold him anymore, Allan says
- No, I guide him more now. As soon as he does something wrong I tell him "try to listen to me ... this is not the way to do it", Michael says.
- And it's not scolding but guidance and this is precisely what children need, Allan adds

Shortly after Mikkel enters the living room, drowsy looking and with red cheeks after his nap. A small, freckled boy – 8 years and one week old, the flags from his birthday party are still standing on the shelves. He places himself on his mother's knees, yawns slightly as she strokes his hair.

They discuss the recent conflict that Mikkel had with his mother, as he was doing his homework.

- Why didn't you want to do your homework today, Allan asks.
- Because of something that happened in the morning, Mikkel murmurs.
- Does this often happen to you?
- I just could not be bothered.
- And what did your mother say?
- You can't escape your homework today!
- And what did you think?
- What the hell.

Everybody round the table tries intensively to avoid a smile. Allan tries to find a solution on the homework problem so that the family can avoid these fatiguing conflicts – and Mikkel can have a better experience with his school work.

- You are a very good boy, Mikkel – and you do know that, don't you? Your mother just tries to help you – so wasn't it ok when she insisted that you should do your homework?
- Well...
- Mikkel, how long time do you think it would have taken you to do your homework if you had not had this quarrel?
- Fifteen minutes...
- Fifteen minutes? For how long time could you have had fun if you had done them that rapidly?
- I don't think Mikkel considers it this way when he is in the middle of it, Birna remarks.

Allan suggests:

- I'm wondering Mikkel.... If your anger could just have a break, it might help you. Imagine your mother says: "hey, we will just take a timeout – you go to your room to consider for a while". Your parents may not agree with this idea, but now I ask you whether you think it

could help. Then you could sit in your room and consider the best way to get your homework done.

- Maybe
- So you are not dismissed to your room, Mikkel. This is important. You are not dismissed because you are a bad boy – you just need time to make your head calm down. Would that be a solution?
- Yes, Mikkel nods.
- So you will have to ask your parents to help you.