

LET'S TALK ABOUT:



## When We Mess Up

**Dad:** What is an accident or mistake that you've made?

**Child:** (Answer) What was a mistake or accident you've made?

**Dad:** I made a mistake when \_\_\_\_\_. Everyone makes mistakes. So we shouldn't get too upset about them. When do you worry about messing up?

**Child:** (Answer) Did you ever try to hide what you did wrong?

**Dad:** When I messed up by \_\_\_\_\_ I tried to hide it by \_\_\_\_\_. That can make a bigger mess. When have you made a problem worse by trying to hide it?

**Child:** (Answer) What should I do or say when I mess up?

**Dad:** When we mess up we should \_\_\_\_\_. Never hide it or make excuses. Always admit or apologize when you mess up. That helps you and others learn from your mistake. Be honest. I'll always love you, no matter what.

HUDDLE UP:

Watch a TV show or a movie together and identify a mistake that someone makes. Discuss how the person responded and how you could have responded differently.

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