

# Problem Solving

It is helpful to allow children to develop their ability to solve their own problems. Sometimes, however, we have to step in and help them. Before we work with them to problem solve we have to calm ourselves and acknowledge their feelings about the situation. When the time is right and you and your child decide to work on the issue, you can follow these steps to achieve better results.

1

**State the Problem-** just stating the problem out loud can make a big difference for kids who are feeling stuck. Help your child state the problem, such as, "You don't have anyone to play with at recess".

2

**Brainstorm Together-** develop several possible ways to solve the problem. Help your child develop solutions if they are struggling to come up with ideas. The key is to help them see that with a little creativity, they can find many different potential solutions.

3

**Identify the pros and cons** of each solution. Help your child identify potential positive and negative consequences for each potential solution they identified.

4

**Pick a solution.** Once your child has evaluated the possible positive and negative outcomes, encourage them to pick a solution.

5

**Test it out.** Tell them to try a solution and see what happens. If it doesn't work out, they can always try another solution from the list that they developed in step two.