Learning Care group

Positive Behavior at HOME

Positive Behavior Skill

Teaching Problem Solving
The ability to think critically about a solution to a problem is one of the most important skills that a child can carry through life. Children have the capability to do this, but often are not given the opportunity.

Why is This Skill Important?

Children who learn to solve problems on their own become:

- Confident
- Independent
- More able to manage emotions
- Creative thinkers
- Persistent

Helpful Tips

Steps for problem solving

1. Identify the problem
2. Develop 1 or 2 possible solutions
3. Pick a solution
4. Test it out

Ways to Practice at Home

Read Stories
As you read a story with your child stop and ask questions,for example: "What would you do?" Have your child talk through the steps for problem solving. Help them if they need it.

Emotional Coaching
Identify and validate your child's emotions when a problem arises. Help calmly guide your child's emotions by practicing calming exercises. Next help brainstorm solutions with your child, listening and allow them to practice implementing possible solution.

Show me the hard part
Repeat back what your child says, "So you are saying..." Once you both understand the real problem, prompt your child to come up with a solution.