

Handouts & Refrigerator Notes

Teaching Children to Problem Solve



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Teaching Your Child to Problem Solve



HOME ACTIVITIES FOR THE WEEK



To Do:

- **USING PUPPETS** or a book such as Wally's Problem Solving Book, practice talking and "acting out" solutions to common problems.
- **MODEL** problem solving yourself when faced with a problem (e.g., what TV program to watch, difficulty finding parking, what dessert to choose, etc.,)



To Read:

Chapter 11, *Teaching Children to Problem Solve*, in **The Incredible Years** book.

REMEMBER

One problem solving session will not teach your child all these skills; it will take hundreds of learning trials and much patience. There may even be times when the child is so upset or angry that he/she first needs to go to Time Out in order to cool down before a discussion can be helpful. Remember the first step is to get your children to generate solutions.

Caution: Remember to continue playing!

Teaching Your Child to Problem Solve



HOME ACTIVITIES FOR THE WEEK



To Do:

- **CHOOSE** a problem situation where your child seems distressed about something and try to use the problem-solving strategies discussed in this program. Keep track of your results on the Parent Record Sheet



To Read:

Chapter 11, *Teaching Children to Problem Solve*, in **The Incredible Years** book. Also read Chapters 16, 17 and 18 to work on your own problem solving.

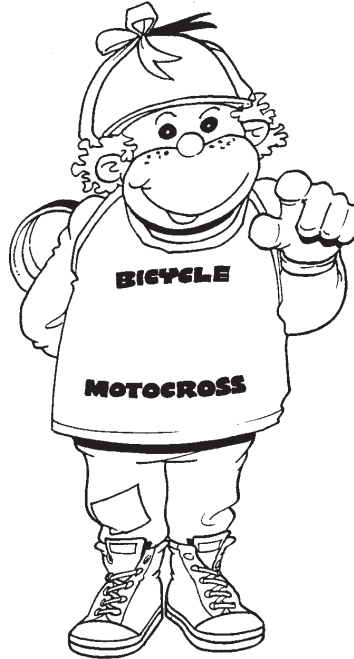
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REFRIGERATOR NOTES

TEACHING CHILDREN TO PROBLEM SOLVE



What is the best solution ?

- Use games, books and puppets to present hypothetical problem situations for children to practice the problem solving steps.
- Help children clearly define the problem and to recognize the feelings involved.
- For preschool children, focus on generating many solutions.
- For primary age children, add steps to help them think through to the various consequences of different solutions and make the best choice.
- Be positive, creative and humorous.
- Model effective problem solving yourself.
- Help children anticipate what to do next when a solution doesn't work.
- Remember it is the process of learning how to think about conflict that is critical, rather than getting correct answers.
- Avoid problem-solving if your child is highly dysregulated.

HANDOUT

PARENT RECORD SHEET: PROBLEM SOLVING

Write down where you attempted to problem solve with your child. To the best of your recollection, try to reconstruct the discussion: what was said and how you felt. Remember to do this problem solving when you and your child are reasonably calm.

Step 1: Identify the problem through feelings (sad, angry, frustrated, disappointed, worried, fearful).

Step 2: Define the Problem

Step 3: State the Goals

Step 4: Brainstorm Solutions

Step 5: Evaluate Solutions and Make a Good Choice

Step 6: Evaluate the Success of the Solution

HANDOUT

PROBLEM SOLVING CHECKLIST

	Yes	No
Step 1: Identify the problem through feelings	_____	_____
Step 2: Define the Problem	_____	_____
Step 3: State the Goals	_____	_____
Step 4: Brainstorm Solutions	_____	_____
1. Remain open, noncritical	_____	_____
2. Be wild, innovative, humorous	_____	_____
3. Increase quantity	_____	_____
4. Postpone details	_____	_____
Step 5: Evaluate Solutions and Make a Good Choice	_____	_____
1. Evaluate each solution	_____	_____
2. Choose best solution	_____	_____
Step 6: Evaluate the Success of the Solution	_____	_____
1. Reinforce progress	_____	_____
2. Refine problem solving plan	_____	_____

Preschoolers will be at the stage of Steps 1, 2, 3 and 4. It will be more difficult for them to evaluate solutions.



POSSIBLE SOLUTIONS FOR CHILDREN TO USE

Yell at him.*

Wait awhile.

Laugh at him.

Look sad or cry.

Ignore him;
walk away

Play somewhere else

Take it.*

Hit him.*

Tell her not to be mad.

Ask him.

Say please.

Do something fun.

Trade something.

Apologize.

Get help from your
parent or teacher.

Talk about your feelings

Beg him.

Offer to share.

Get another one.

Take turns.

Flip a coin.

Admit mistake.

Calm down first.

Tell the truth.

Give compliment.

Be a good sport.

Say "no."

Stop your anger.

Be brave.

Forgive.

*These are inappropriate solutions. Encourage children to think of consequences and to make another choice with a better consequence.



HANDOUT

PARENT RECORD SHEET: PROBLEM SOLVING WITH YOUR CHILD

<u>Problem Situation</u>	<u>What is the problem?</u>	<u>What are some solutions?</u>	<u>What is a good choice?</u>
e.g. two children fighting over a bike	"I'm angry because Jessie won't share the bike."	Ask to ride the bike. Offer to take turns. Wait until he's finished.	Is it safe? fair? lead to good feelings?

Describe a problem you tried to problem solve with your child: what was said and how you felt.

(1)

(2)

Evaluating Solutions



Is my solution safe?

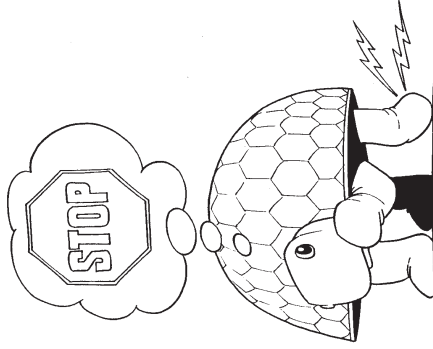


Is my solution fair?

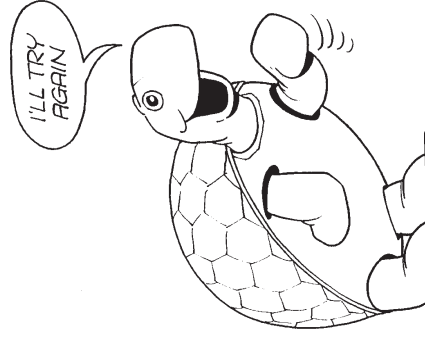


Does my solution lead to good feelings?

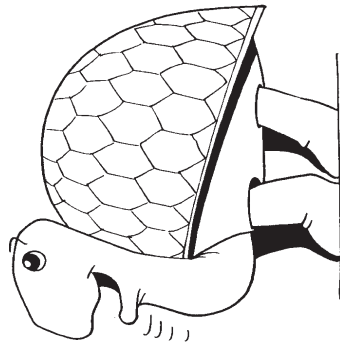
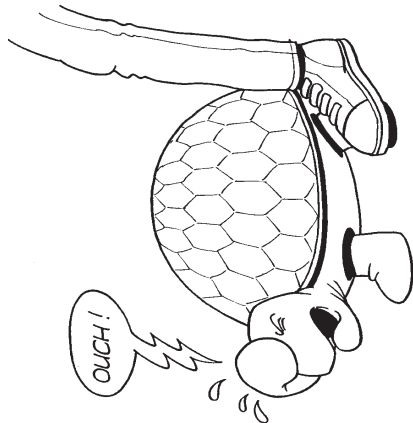
Tiny's Anger Management Steps



2 Think STOP



4 Withdrawing into shell



3 Take a slow breath

