

Problem-Solving Skills:

- ✓ Children need to learn problem-solving skills to generate alternatives for getting what they want in socially acceptable ways.
- ✓ It allows children to gain experience in thinking and making decisions on their own.



Sources and resources:

<https://biglifejournal.com/>

www.kidhavestresstoo.org

www.creducation.net/resources/problem_solving_skills/

[Google Photos](#)

This information is brought to you by the Resource Consultation Team at Macaulay Child Development Centre

Tips for Parents: Problem-Solving

Children with Strong Problem-Solving Skills are:

- Able to manage emotions
- Able to express concerns /feelings
- Able to think creatively
- Persist until they find a solution

Tips for Parents to Teach their Children to be Problem Solvers

1. Use Emotion Coaching

- Help Children Relax
- Name and validate emotions
- Teach your kids that ALL emotions are acceptable

2. Give Uninterrupted Time

- Find a time when you will not be interrupted, you do not want to feel hurried when interacting with your child

3. Don't be a "Helicopter Parent"

- Do not solve the problem for your child.
- "Whatever age your kids are, allow them to make mistakes and teach them how to move forward."
- Give your child some space. Whatever age your kids are, allow them to make mistakes and teach them how to move forward

4. Encourage creative play

- Kids of all ages learn most in the context of play
- "How about building a structures from available materials?" Make sure their play involves enough challenge and requires imagination. Eventually, problem solving becomes its own reward

5. Encourage your child to find as many solutions as possible

- Ask questions to help your child think through the problem and the solutions
- Allow your child to come up with possible solutions
- Do not criticize your child's solutions but let your child choose a solution to try
- Help your child to think ahead see if the chosen solution might work
- Offer suggestions if your child is stuck and can't think of any solutions

6. Model Effective Problem-Solving

- When YOU (parent/caregiver) encounter a challenge, do a "think-aloud" for the benefit of your child
- MODEL how to apply the same problem-solving skills you've been working on together
- Explain that there are some things which are out of our control
- Ask for advice from your child encouraging them to find some solutions together

Steps to Solve Problems

Step 1: Take a few deep breaths

- Relax before you solve problems

Step 2: What is the problem?

- What happened?
- What are you doing about it?
- Is it working?

Step 3: How big a problem is it?

- Using a hand to assign a number to the problem

Step 4: What can you do? What could be the solution?

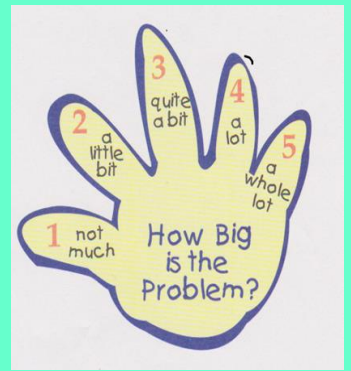
- Help children find a clear goal
- Help them define the problem in terms of what they want to happen.
(e.g. "What can you do so you have room to play with blocks and Casey has room to drive his truck?")

Step 5: What are the solutions? "What would happen if?"

- Generate alternatives "What would you like to try to solve problem?"
- Help them stay focused on the problem
- Act as a "sounding board" and repeat the ideas that they suggest. If the solution doesn't work go to the list of other ideas.
- Ask: "What might happen if you..." or "How might Amy feel if you...?"

Step 6: Which one will you try? How well did the solution work?

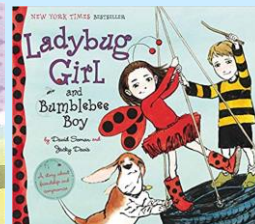
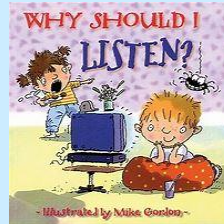
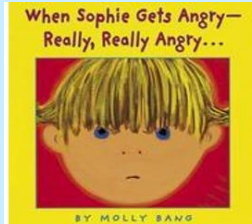
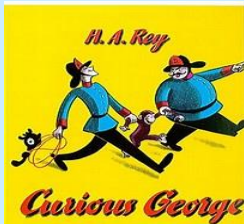
- Was the problem solved? If not, what else can you do?
- Help them evaluate the consequences of their ideas by asking open ended questions (e.g. What did you learn? What was easy? What was hard? What would you do differently next time?)



More Suggestions!

1. Problem-Solve with Storybooks

- Read age appropriate stories featuring characters who experienced problems and connect these experiences to similar events in your child's own life
- ASK your child HOW the characters in these stories could solve their problems
- Encourage a variety of solutions, and discuss the possible outcomes of each



2. Problem-Solve with Creative Play/DIY home Activities

