

## Problem solving when your child has a problem

### When your child has a problem:

- Listen to the feelings behind the actions and label them
- Communicate your understanding before advice giving or problem solving
- Reflect empathy and validate feelings where necessary
- Help your child to brainstorm options, for example, by asking:
  - o “Hmm, what can we do now?” or
  - o “What would make things better?”
- Decide together on a solution or help your child to choose a solution
- Speak with your child’s classroom teacher and/or school principal regarding the problem

### Tips

- You might need to weigh up possible solutions. Together, you could ask:
  - o Is it fair?
  - o Will it work?
  - o Is it safe?
  - o How am I likely to feel?
  - o How are others likely to feel?
- You might need to set limits around these solutions

