

What Is My Child Learning?

Your child is learning the Problem-Solving Steps, including how to say the problem and then think of solutions for that problem.

Why Is This Important?

Being able to solve problems helps children get along better with other children. Children who can solve problems are less aggressive and have fewer conflicts.

Ask your child: **What should you do if you are having a strong feeling before you try to solve a problem?** *Second Step answer:* Calm down.

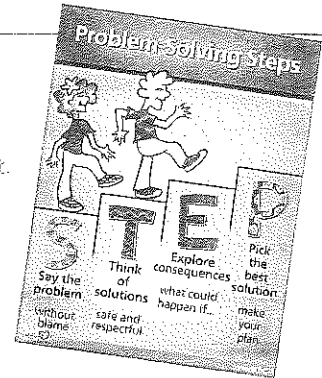
What are some ways you can calm down? Possible answers: Belly breathe. Count. Tell myself to calm down.

What's the S Problem-Solving Step? *Second Step answer:* S: Say the problem.

What's the T Problem-Solving Step, and what does it mean? *Second Step answer:* T: Think of solutions. Come up with safe and respectful ideas to solve the problem.

What's the E Problem-Solving Step, and what does it mean? *Second Step answer:* E: Explore consequences. Think about what could happen if you make a certain choice.

What's the P Problem-Solving Step? *Second Step answer:* P: Pick the best solution.



Practice at Home

When problems come up during the day, such as lost toys or disputes with siblings, help your child say the problem. Then come up with ideas to solve the problem together. For example:

Your child is having trouble tying his or her shoes. **You seem very upset. Let's calm down and solve this problem together.** Belly breathe with your child. **What is the problem?** Help your child choose words that state the problem. **You are having trouble tying your shoes. Let's think about what you can do to solve that.** Help your child think of ideas, such as try again, ask for help, or find a different pair of shoes that don't have laces. For each idea, ask: **What could happen if you do that?** Then try one of the solutions!

Activity

Help your child fill in the words for each of the Problem-Solving Steps.

S: _____

T: _____

E: _____

P: _____

| | | |
|----------------|--------|---------------------|
| | | |
| (CHILD'S NAME) | (DATE) | (ADULT'S SIGNATURE) |