

Parenting Tips
from
Community Parenting Service
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Opening times : Monday to Friday 12 pm to 4 pm

Teach your children how to deal with problems

Problem solving skills do not come naturally. They are skills which children need to learn. A child with good problem solving skills will be better equipped to deal positively with the problems and conflicts they are faced with at school, during play and at home. It is a skill, which will stay with a child and impact on the quality of their personal and social relationships in adult life.

It is important that adults talk about simple problems with their children and show them the steps they take to overcome them. Keep the steps simple to begin with.

Here are some steps, which you can encourage your children to take when, faced with problems. These steps are universal and can be used to solve practical problems (like puzzles) or social and emotional problems (like arguments). Let your children read through these steps.

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| Step 1 | Stop and Think |
| Step 2 | Work out WHY you have a problem. Try to be specific and focus on the actions which have created the problem (e.g. instead of saying, "he is nasty" why not try saying, "he made me feel sad by calling me a mean name"). |
| Step 3 | BRAINSTORM for all possible solutions (no matter how crazy they may seem) Write them down or make a mental list. |
| Step 4 | Look at all the choices on your list. Which ones will solve your problem without upsetting or hurting other people. CHOOSE the one you think will have the best outcome. |
| Step 5 | Think about what you need to do to MAKE YOUR CHOICE HAPPEN. Will you need permission or help? What should you do first and then next? |

We invite you to visit our Centre to 'check out' the wide range of information that we have available for you to browse or borrow.