

How to Problem Solve With Your Child

Ask for their ideas first.

• Before asking questions or giving advice, ask them to problem solve first.

Examples

"What do you want to do now?" "How can we make this better?" "How can I help?"

Versus

"You need to _____."

"You should _____."

Ask permission. **Examples** • Ask when they are ready to hear your "I have a few questions. Do you want me to ask now or later?" questions or advice. "I have some ideas of how to make this • If they are not ready now, schedule a better. Are you ready to hear them?" time to come back to the conversation after a short break. Choose your language carefully **Examples** around follow up questions. "What made you decide that?" • Ask questions in a way that sound "What options did you think about in curious versus placing blame that moment?" or judgment. Versus • Try "what" questions versus "why" "Why did you do that?" questions. "Why didn't you leave?"

For more resources, visit BayCareKidsOnOurSleeves.org