



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.

- *Ask when they are ready to hear your questions or advice.*
- *If they are not ready now, schedule a time to come back to the conversation after a short break.*

Examples

"I have a few questions. Do you want me to ask now or later?"

"I have some ideas of how to make this better. Are you ready to hear them?"

Choose your language carefully around follow up questions.

- *Ask questions in a way that sound curious versus placing blame or judgment.*
- *Try "what" questions versus "why" questions.*

Examples

"What made you decide that?"

"What options did you think about in that moment?"

Versus

"Why did you do that?"

"Why didn't you leave?"