

## Session 1 Handout: Parent-Child Problem Solving

These 10 steps help guide parents through the process of solving problems *with* their children, collaboratively. While it may be slow and awkward at first, with practice, it can become second nature and will help your child develop critical skills.

1. **Plan** your approach
    - What have you observed that is problematic?
    - When does it occur?
    - Why is it a problem? What are your concerns?
    - Which concerns will you bring to your child (i.e., which concerns need to be addressed now)?
    - How will you word your observation and concerns when speaking to your young person?
    - What are some of your hypotheses, in case your child doesn't know why they are having difficulty (be open to being wrong)?
    - Who needs to be involved in problem-solving?
  2. **Approach** your child about the problem you have observed
  3. **Gather information** about their perspective and concerns
  4. **Share** your concerns
  5. **Brainstorm** *mutual* solutions that address everyone's needs/concerns
  6. **Evaluate** the most realistic solutions
  7. **Choose** a *viable* solution that works for everyone
  8. **Schedule** a follow up time
  9. **Follow-up**
  10. **Repeat** as required, until problem is solved
- ✓ **Use the Parent-Child Problem-Solving Worksheet to walk you through the process, and to provide helpful tips for each step.**