

Session 1 Handout: Problem Response Types

When problems arise, there are many ways we can respond as parents. We may tend to respond in one or more ways, depending on the situation, and how we are feeling in the moment. Below is a list some common types of responses we might have when problems arise, and some examples of things we might say to our children when we are using them.

1. Criticize

- ◇ What were you thinking?
- ◇ You should have...
- ◇ You never...

2. Lecture

- ◇ If you don't start...
- ◇ Well, now you know that when you...
- ◇ If you would just...

3. Advise

- ◇ Well, I think you need to...
- ◇ You better...
- ◇ You should...

4. Take Over

- ◇ Here's what we're going to do...
- ◇ Well, then I will have to talk to your teacher tomorrow...
- ◇ This is how you need to do it, watch...

5. Stand Back/Avoid

- ◇ "Aw, that's too bad. So, what would you like for dinner tonight?"
- ◇ Well, I'm sure you'll figure it out ...
- ◇ Why don't you tell me about what went well, instead of dwelling on the negative?

6. Support

- ◇ I'm sorry to hear that - what happened?
- ◇ That must have felt really frustrating...
- ◇ I'm glad you're feeling a bit better. Do you have any ideas about how you want to handle this?