

Session 1 Worksheet: Parent-Child Problem-Solving

1. Plan your approach

What problem have you observed?

TIPS

- If the problem occurs in more than one situation/context, focus on one
- Be concrete (facts, observations)
- Avoid assumptions and judgements (e.g., they don't care, aren't trying)

What are your concerns (i.e., why is it a problem)?

TIPS

- How is the problem impacting them? The family?
- What matters most to you about this problem (e.g., if something gets done, how or when something gets done, short- and long-term outcomes, quality of work, etc.)

Which concerns will you bring to your child?

TIPS

- Bring only those that are most important to you at this time
- Use **positive** language and/or **non-judgemental** wording

If your child cannot or does not share their concerns with you, what hypotheses could you check out with them?

TIPS

- Consider possible contributing factors (e.g., context, demands, stressors)
- Consider their EF profile

Who needs to be included in the conversation?

TIPS

- Who is strongly impacted?
- Who is most involved?

8. Schedule follow-up discussion

Day: _____
Time: _____

TIPS!

- Choose a time that is agreeable to everyone
- Approximately one week (longer, if plan will be implemented less frequently; shorter if potential consequences of the solution not working are serious)

9. Follow-up! If problem is not resolved, tweak the solution or try a different solution

What worked?

What didn't work?

Tweaks or new solution:

TIPS!

- Most solutions will require tweaking to be successful
- Each attempt can be used to gather valuable information (e.g., new concerns identified, obstacles, etc.)
- Since everyone agreed to the solution attempted, no one is to blame if it didn't work - work together to find obstacles, etc.
- Work together to troubleshoot obstacles

10.Repeat as required

Follow up day: _____
Follow up time: _____

TIPS!

- Schedule a follow-up time to evaluate new plan/tweaks
- Repeat steps until durable solution is found