

Problem solving when your child has a problem

When your child has a problem

- listen to the feelings behind the actions and label them
- communicate your understanding before advice giving or problem solving
- reflect empathy and validate feelings where necessary
- help your child to brainstorm options, for example, by asking:
'Hmm. What can we do now?' or
'What would make things better?'
- together decide on a solution or help your child to choose a solution

Tips

- You might need to weigh up possible solutions. Together, you could ask:
Is it fair?
Will it work?
Is it safe?
How am I likely to feel?
How are others likely to feel?
- You might need to set limits around these solutions.

