

# PATHS

## Home Activity

### Solving Problems



The ability to solve a problem is an extremely important skill that children will need all through their life. When young children are learning to solve problems, they often need the support of their parents/carers and teachers.

Remember, it is easier to help your child with a problem if he or she is calm. Encourage him or her to do Turtle first.

#### When your child has a problem, have him or her follow these simple steps:

**1. Identify the problem.**

Ask your child: "What do you think is wrong?"  
"What is the problem?"

**2. Identify the feeling.**

Ask your child: "How does that make you feel?"  
"Do you feel \_\_\_\_\_ angry, sad?"

**3. Think of your choices.**

Ask your child: "What could you do?"

**4. Judge the choices. Pick a solution?**

Ask your child: "What would happen if you tried that?"  
"Do you think that would work?"

#### Practice solving problems with your child:

Use play or reading time to help your child practice his or her problem-solving skills. Often the characters in picture books are faced with a problem. When this happens, ask your child what he or she thinks might happen or what he or she would do in the situation before turning the page to see what happens in the story.