



What Is My Child Learning?

Your child is learning to use steps for solving problems.

Why Is It Important?

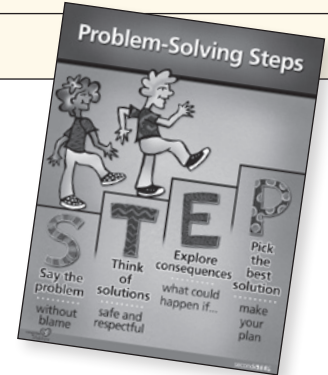
Using Problem-Solving Steps helps children solve difficult problems, like taking responsibility for hurtful actions.

Ask your child: What are the Problem-Solving Steps?

Read Together

When you have a problem, using the Problem-Solving Steps can help you remember what to do!

- S: Say the problem.
- T: Think of solutions.
- E: Explore consequences.
- P: Pick the best solution.



Practice Together: Step Up

Practice using the Problem-Solving Steps to solve a problem!

1. Read the problem below.
2. Stand together in front of something you can step up onto, such as a stair step, stool, box, or crate.
3. Apply each of the Problem-Solving Steps to the problem.
4. Every time you finish a step, step up onto your object and then back down again.
5. Play the game again with a common problem in your home.



The Problem

A mother and son do not agree on which TV show to watch next.

S: Say the problem

T: Think of solutions

E: Explore consequences

P: Pick the best solution

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)