



**What Is My Child Learning?**  
 Your child is learning to use steps for solving problems.

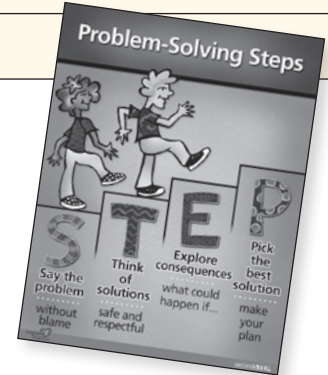
**Why Is It Important?**  
 Using Problem-Solving Steps helps children solve difficult problems, like taking responsibility for hurtful actions.

**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.



**Practise Together: Step Up**

Practise 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.

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