



What Is My Child Learning?
 Your child is learning to use Problem-Solving Steps.

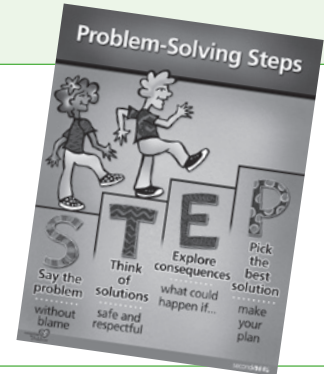
Why Is It Important?
 Using the Problem-Solving Steps helps children solve difficult problems, like dealing with negative peer pressure.

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!

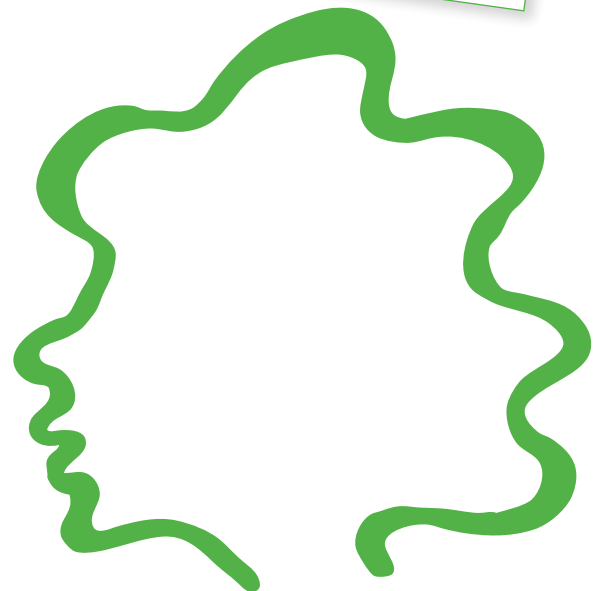
- **S: Say the problem without blame.**
- **T: Think of solutions.**
- **E: Explore consequences.**
- **P: Pick the best solution.**



Practise Together: Problem? Solved!

Practise using the Problem-Solving Steps to solve a common problem in your household.

1. Think about common problems in your household. Agree on one to solve together.
2. Each write down the problem from your perspective inside one of the profiles below.
3. Check for blaming words.
4. Write one problem statement without blame.
5. Use the Problem-Solving Steps to find a solution together.
6. Make a plan to put your solution into action. Problem solved!



Our problem statement: _____

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