



What Is My Child Learning?

Your child is learning the first two steps for problem-solving. Your child is learning how to say the problem, then think of solutions for that problem.

Why Is This Important?

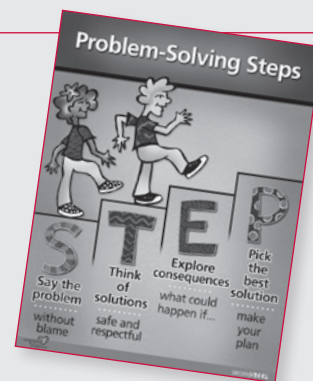
Children who can solve problems get along better with other children, are less aggressive, and have fewer conflicts.

Ask your child: What should you do if you are having a strong feeling before you try to solve a problem? *Second Step* answer: **Calm Down.**

How can you calm down? *Second Step* answer: Put my hands on my tummy. Say 'Stop.' Name my feeling. Take belly breaths.

What is the first Problem-Solving Step? *Second Step* answer: **S: Say the problem.**

What is the second Problem-Solving Step? *Second Step* answer: **T: Think of solutions.**



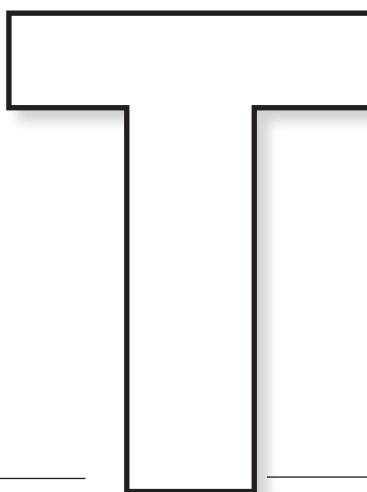
Practise at Home

When problems come up at home, such as missing toys or conflicts with siblings, help your child use words to describe the problem. Then together, think of some solutions. For example:

Your child can't find a favourite toy. Say: **You seem very upset. First calm down, and then we can solve this problem together.** Belly breathe with your child. **What is the problem?** Help your child describe the problem. Then repeat it. **You can't find your toy. Now let's think of some solutions.** Help your child think of solutions, such as to search each room or play with another toy. **Which solution do you want to try?** Ask your child to pick a solution and try it.

Activity

Ask your child to colour in the first letter of the first two problem-solving steps. Write the step next to the letter.



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