

Handouts & Refrigerator Notes

Teaching Your Child to Problem Solve

Home Activities for the Week



To Do:

- Choose a problem situation where your child seems distressed about something and try to use the problem-solving strategies discussed in this program. Keep track of your results on the Parent Record Sheet



To Read:

Chapter Eight, *Teaching Children to Problem Solve*, in *The Incredible Years* book.

REMEMBER

One problem solving session will not teach your child all these skills; it will take hundreds of learning trials and much patience. There may even be times when the child is so upset or angry that he/she first needs to go to Time Out in order to cool down before a discussion can be helpful. Remember the first step is to get your children to generate solutions..

Caution: Remember to continue special time!

Parents Working Like Detectives: See What You've Learned!

Home Activities for the Week



To Do:

Make a list of what strategies you would use for the following misbehaviors. Add other misbehaviors you are wanting to manage.

Misbehavior

1. Hitting and shoving
2. Refusal to do what parent asks
3. Stealing
4. Lying
5. Refusing to do homework
6. Not being home after school on time
7. Smart talk/arguing
8. Resisting doing homework
9. Stomach aches and headaches
10. Inattentiveness and impulsivity
11. Leaving family room in a mess

Discipline Strategy

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Home Activities for the Week

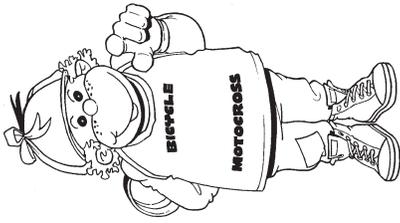


To Do:

Make a list of what strategies you would use for the following misbehaviors. Add other misbehaviors you are wanting to manage.

Misbehavior	Discipline Strategy
12. Criticizing / fighting with a sibling	_____
13. Chores not done	_____
14. Missing school bus	_____
15. Leaving bike, other toys, and other sports equipment outside	_____
16. Exploding in anger / screaming	_____
17. Watching too much TV or computer games	_____
18. Hiding notes from the teacher	_____
19. Acting like a younger child	_____
20. Refusing to go to bed at bedtime	_____
21. Phone calls to/from friends when homework/chores not finished	_____
22. Swearing	_____

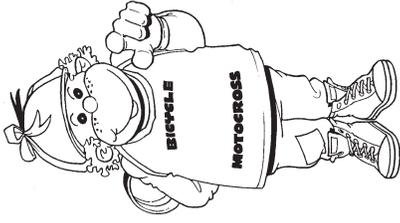
REFRIGERATOR NOTES ABOUT PROBLEM SOLVING



- Talk about feelings.
- Help children define problem.
- Involve children in brainstorming possible solutions.
- Be positive and imaginative.
- Model creative solutions yourself.
- Encourage children to think through various consequences of different solutions.
- Remember it is the process of learning how to think about conflict that is critical, rather than getting correct answers.

What is the best solution?

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HANDOUT

PARENT RECORD SHEET: PROBLEM SOLVING

Write down where you attempted to problem solve with your child. To the best of your recollection, try to reconstruct the discussion: what was said and how you felt. Remember to do this problemsolving when you and your child are reasonably calm.

Step 1: Scheduling a Meeting (if you chose the family meeting assignment)

Step 2: Defining the Problem

Step 3: Problem Summarization and Goals

Step 4: Brainstorming Solutions

Step 5: Evaluating Solutions and Making a Plan

Step 6: Evaluation of Plan

HANDOUT
PROBLEM SOLVING CHECKLIST

	Yes	No
Step 1: Schedule a meeting	_____	_____
Step 2: Define the problem		
1. Focus on one problem at a time	_____	_____
2. Collaborate and be positive	_____	_____
3. State and be positive	_____	_____
4. Express feelings	_____	_____
5. Be future oriented	_____	_____
6. Make "I" statements	_____	_____
Step 3: Summarize the problem and goal in order to be sure everyone understands the problem	_____	_____
Step 4: Brainstorm solutions		
1. Remain open	_____	_____
2. Be wild, innovative, humorous	_____	_____
3. Increase quantity	_____	_____
4. Postpone details	_____	_____
Step 5: Evaluate solutions and make plans		
1. Review the entire list	_____	_____
2. Evaluate each solution	_____	_____
3. Make realistic plans	_____	_____
4. Write down the plan	_____	_____
5. Schedule next meeting	_____	_____
6. Praise all efforts	_____	_____
Step 6: Schedule a follow up meeting		
1. Reinforce progress	_____	_____
2. Refine problem solving plan	_____	_____

Evaluating your responses to the items on this checklist will highlight some of the ways you can improve your problem solving meetings.



POSSIBLE SOLUTIONS FOR CHILDREN TO USE

Yell at him.*	Wait awhile.	Laugh at him.
Look sad or cry.	Ignore him; walk away.	Play somewhere else.
Take it.*	Hit him.*	Tell her not to be mad.
Ask him.	Say please.	Do something fun.
Trade something.	Apologize.	Get help from your parent or teacher.
Talk about your feelings.	Beg him.	Offer to share.
Get another one.	Take turns.	Flip a coin.
Admit mistake.	Calm down first.	Tell the truth.
Give compliment.	Be a good sport.	Say "no."
Stop your anger.	Be brave.	Forgive.

*These are inappropriate solutions. Encourage children to think of consequences and to make another choice with a better consequence.



HANDOUT
PARENT RECORD SHEET: PROBLEM SOLVING WITH YOUR CHILD

<u>Problem Situation</u>	<u>What is the problem?</u>	<u>What are some solutions?</u>	<u>What is a good choice?</u>
e.g. two children fighting over a bike	"I'm angry because Jessie won't share the bike."	Ask to ride the bike. Offer to take turns. Wait until he's finished.	Is it safe? fair? lead to good feelings?

Describe a problem you tried to problem solve with your child: what was said and how you felt.

(1)

(2)

Evaluating Solutions



Is my solution safe?



Is my solution fair?



Does my solution lead to good feelings?



Incredible Years Problem Solving Worksheet For Managing Challenging Behaviors!

Problem Definition:

1. My child's challenging behavior: _____

2. What are the triggers/precipitants of my child's misbehavior? (developmental problem, not enough sleep, not getting what he wants, a family transition or stress, low frustration tolerance, etc.)

3. How do I usually respond to this misbehavior? (Do I give it attention? Do I get angry?)

Goals:

4. What is my goal? What positive opposite behavior do I want to see instead? _____

Solutions:

5. What skills/strategies can I use from the bottom of the Pyramid to support this positive behavior?

Play/Special Time: What kind of play or special time might best help my child here? (Remember, it is best if it is child-led.) (persistence, academic, social, or emotion coaching) _____

Praise: What behaviors can I praise and how? (Remember they should be the "positive opposites" of the behaviors you want to decrease.) _____

Stickers and Rewards: How can I reward this good behavior? What incentives will motivate my child? _____

6. Choose from the list below those responses from the top of the pyramid than can be used to reduce this misbehavior.

Routines: Do I have a predictable routine for this problem? _____

Distraction/Redirection: How can I distract or redirect my child before misbehavior escalates? _____

Ignore: What part of this behavior could I ignore? _____

What will I say to myself while I ignore it? _____

Consequence: What natural or logical consequence can I use to teach my child to change this behavior? _____

Calm Down Strategies: What calm down strategies can I teach my child? (use of turtle shell, deep breathing, positive self-talk "I can do it, I can calm down," use of the calm-down thermometer) _____

Carrying Out my Plan:

7. To whom should I communicate this plan? (teachers, grandparents, partners, etc.) _____

8. Who can I call for support and to check in? _____

9. How will I take care of myself while this is going on? _____

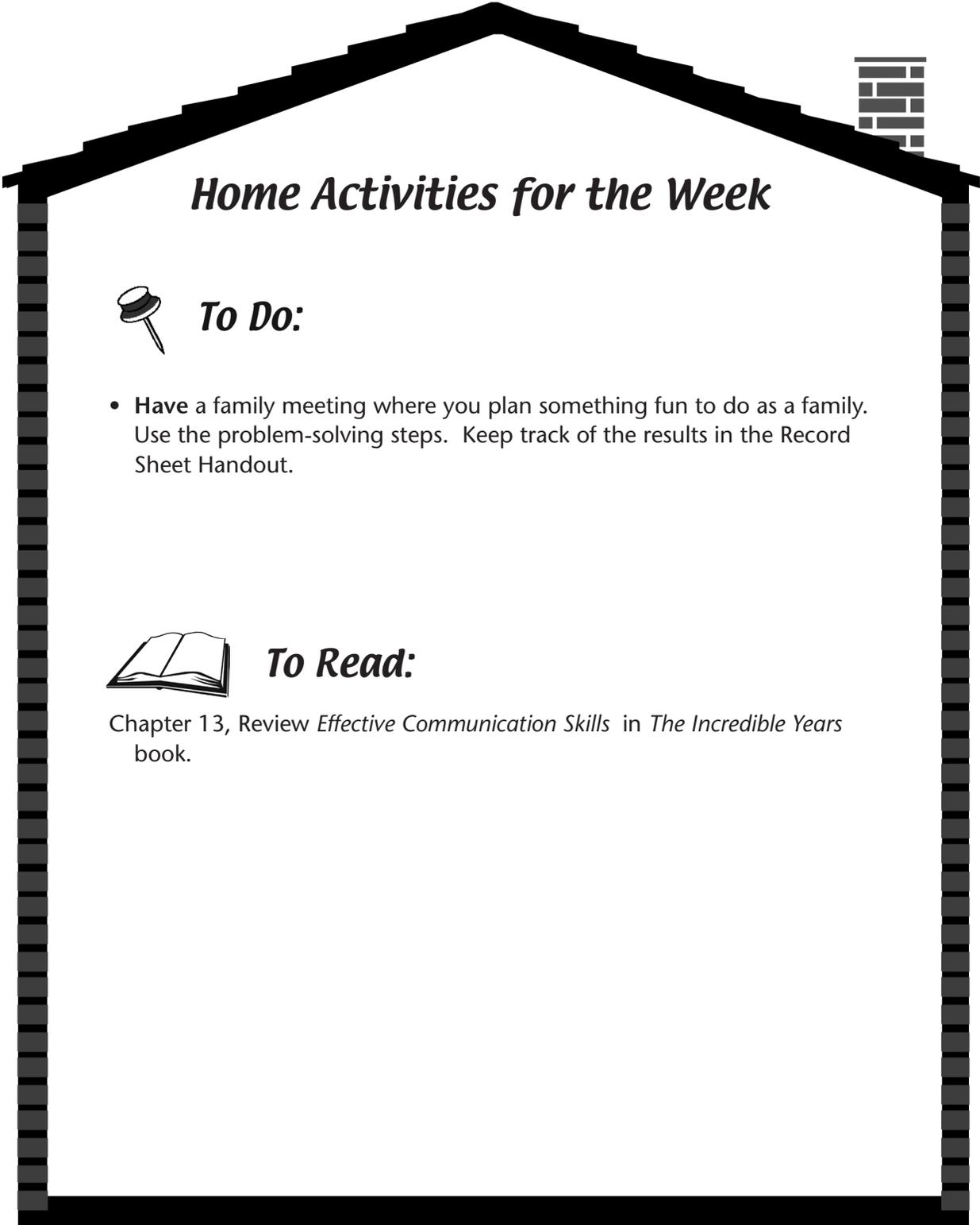
Evaluating the Success of Solutions

10. How will I know I am making progress? What will be different? _____

11. How will I celebrate my child's success? As well as my own? _____

Congratulations! You have a plan to change your child's behavior! Remember, it can take three weeks or more to see changes, so don't give up!

Handouts & Refrigerator Notes



Home Activities for the Week



To Do:

- **Have** a family meeting where you plan something fun to do as a family. Use the problem-solving steps. Keep track of the results in the Record Sheet Handout.



To Read:

Chapter 13, Review *Effective Communication Skills* in *The Incredible Years* book.

Caution: Remember to continue special time!

HANDOUT

PARENT RECORD SHEET: PROBLEM-SOLVING

Write down a situation you attempt to problem solve either by yourself or with a partner (if possible audio tape).

Step 1: Scheduling a Meeting

Step 2: Defining the Problem

Step 3: Problem Summarization and Goals

Step 4: Brainstorming Solutions

Step 5: Evaluating Solutions and Making a Plan

Step 6: Evaluation of Plan

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REFRIGERATOR NOTES ABOUT FAMILY PROBLEM SOLVING

- Schedule a meeting to problem solve.
- Focus on one problem at a time.
- Collaborate, discussing problems mutually.
- State problem clearly.
- Express feelings but don't criticize or blame.
- Admit role in problem.
- Be future-oriented.
- Be brief.
- State desired behavior.
- Make "I" statements.

Stating the Goal

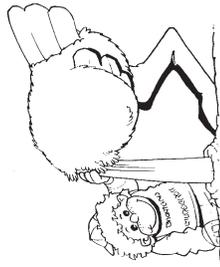
- Summarize the problem.
- State the goal in realistic terms.

Brainstorming

- Remain open—don't judge or criticize suggestions.
- Encourage imaginative suggestions—as many as possible.
- Be future-oriented.
- Postpone details.

Making Plans

- Review your list.
- Evaluate each solution realistically.
- Write down plan.
- Schedule next meeting.
- Praise your efforts.



Problem sharing

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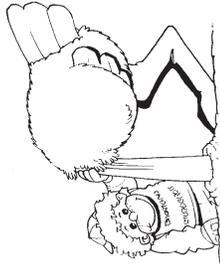
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Problem sharing