

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 problem solving when you and your child are reasonably calm.

Step 1: Identify the problem through feelings (sad, angry, frustrated, disappointed, worried, fearful).

Step 2: Define the Problem

Step 3: State the Goals

Step 4: Brainstorm Solutions

Step 5: Evaluate Solutions and Make a Good Choice

Step 6: Evaluate the Success of the Solution