



HANDOUT

PARENT RECORD SHEET: PROBLEM SOLVING WITH YOUR CHILD

Problem Situation

e.g. two children fighting over a bike

What is the problem?

"I'm angry because Jessie won't share the bike."

What are some solutions?

Ask to ride the bike.

Offer to take turns.

Wait until he's finished.

What is a good choice?

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)