



"How do you feel...?"

## 3. Emotional Skills

### PROBLEM SOLVING TECHNIQUE

Teaching children to solve their own problems increases their capacity to be resilient. This strengthens their sense of self-confidence and determination while building their self worth. Their self-esteem benefits because they are being given independence, choice and responsibility, which can feel empowering and exciting at a young age.

Problem solving skills will also allow them to think rationally when they come up against something tough. If we don't impart this skill and continue to do everything for our children, then they may struggle to make decisions for themselves when they are older. You may also get burnt out, running around, trying to make sure they are okay, because they haven't developed the skills to look after themselves.

#### How to integrate this into your day:

To support your children to solve their own problems follow the steps below. This process can be applied to most situations ranging from lost clothing to being bullied.

1. **Clearly identify and assist your child to name the problem.**
2. **Explore how they are feeling. E.g. "How does that make you feel?"**
3. **Ask them to identify all the possible options for solving their problem, add a few only if they get stuck. Accept each option as a possibility regardless of how far-out it is. The more options at this stage the better. Have fun with it!**
4. **Ask them to choose an option from the list. E.g. "Which option is best for you?"**
5. **Ask them to take their best guess regarding what the most likely outcome will be if they do this. E.g. "What do you think will happen if you do that?"**
6. **If they are still happy get them to follow through.**
7. **If not, go back to the list and choose another option.**
8. **Make a time later to review how it went. E.g. "Great, go for it and we will see how it goes in a few days".**

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