

We Can Be Problem Solvers *at Home!*



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ChallengingBehavior.org

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Have you ever had a problem?



Everyone does. Problems can sometimes make us feel sad, mad, frustrated, or confused.



Sad



Mad



Frustrated



Confused

If I have a problem, I can do something. I can try out some solutions to help me with my problem.



If I have a problem, first I have to think about it...

What is my problem?



Step 1

And I have to think of a way to make it better...

Think, think, think of some solutions.



Step 2

Look at some of the solutions I can try!

Wait and take turns



Get a timer



Share



Say, "Will you play with me?"



Say, "Please, stop."



Ask for help



Ask for a hug



Use kind words



Take a break



What would happen if I tried my solution...

Would it be safe?

How would everyone feel?



Step 3

Then...
give it a try!

If my solution didn't work, I might have to
think, think, think of another solution.



Step 4

Let's try being
a problem solver...

They took it from me.



I am lonely and want
you to play with me.



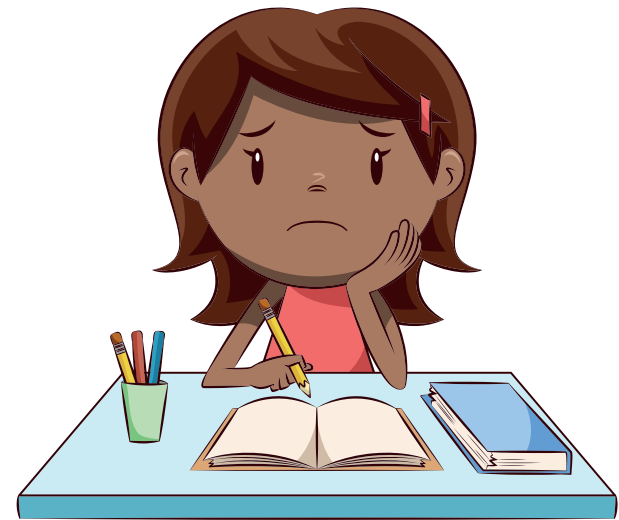
I am frustrated.



They are bothering me.



This is too hard for me.



I want to play with it by myself.



They hurt my feelings.



Problem Solving Steps



Step 1. What is my problem?



Step 2. Think, think, think of some solutions.



Step 3. What would happen if...?
Would it be safe? How would everyone feel?



Step 4. Give it a try!

We are learning every day to be Problem Solvers!



Parent Tips: Problem Scenarios

A great way to practice problem solving is to use pictures and stories to talk about problems and the different solutions children can use. Use the scenario cards to tell a story.



- Look at the picture with your child.
- Talk about the picture with your child. You might say:
 - “Look, she is frustrated! She has a problem.”
 - “He really wants the toy. I wonder what that boy could do to solve the problem?”
 - “You were feeling sad just like this girl. Remember how you asked for a hug when you were sad?”
 - “What do you see in this picture? It looks like those children are using mean words. I wonder what those children might do to solve their problem?”
 - “See this picture. I think this child is frustrated. The picture says ‘this is too hard for me’. Remember when you did ____ and it was really hard? I wonder what this child can do to solve the problem?”

When you talk with your child about the pictures, match what you say with your child’s level of understanding. For example, use a simple story for a child with less language or understanding.

Solution Kit Instructions



1. Print and cut the Solution Kit pictures or save to your phone/device photos. You can make the cards sturdy by laminating, gluing the cards to cardboard, or covering them with clear contact paper.
2. Read the *We Can Be Problem Solvers at Home!* story with your child to teach the Problem Solving Steps.
3. Introduce the Solution Kit with a few solutions at a time.
4. Place the solutions in a place where your child will see and use them (e.g., hanging on the wall, saved to a tablet).
5. Remind children to use the Solution Kit when solving problems at home.
6. Offer lots of encouragement when your child tries to use the Solution Kit.
7. Comment positively when your child uses the Solution Kit (e.g., “Look at you. You are using the Solution Kit to solve your problem”).



Solution Kit

Wait and take turns



Get a timer



Share



Say, "Will you play with me?"



Say, "Please, stop."



Ask for help



Ask for a hug



Use kind words



Take a break

