

How to Problem Solve With Your Child



Ask for their ideas first.

- Before asking questions or giving advice, ask them to problem solve first.

Examples

- “What do you want to do now?”
- “How can we make this better?”
- “How can I help?”

Versus

- “You need to _____.”
- “You should _____.”

Ask permission.

- Ask when they are ready to hear your questions or advice.
- If they are not ready now, schedule a time to come back to the conversation after a short break.

Examples

- “I have a few questions. Do you want me to ask now or later?”
- “I have some ideas of how to make this better. Are you ready to hear them?”

Choose your language carefully around follow up questions.

- Ask questions in a way that sound curious versus placing blame or judgment.
- Try “what” questions versus “why” questions.

Examples

- “What made you decide that?”
- “What options did you think about in that moment?”

Versus

- “Why did you do that?”
- “Why didn’t you leave?”

