

Counselor's Corner

Central Bucks Elementary Schools

April 2021

Whether you are a student, parent, or educator, you face daily problems that need solving. The problem may be as small as wanting a toy that another child has or as big as trying to keep your family safe and healthy. Central Bucks School District values problem solving skills as one of the most crucial for personal development, responsible citizenship, and lifelong learning as written in the district's mission statement. Children that can solve things for themselves are better able to manage their emotions, have stronger perspective taking and empathy skills, and are more confident. The Second Step program teaches four steps to solving problems:

- S- Say the Problem
- T- Think of Solutions
- E-Explore Consequences
- P – Pick the Best Solution

How to help your child learn problem solving skills:

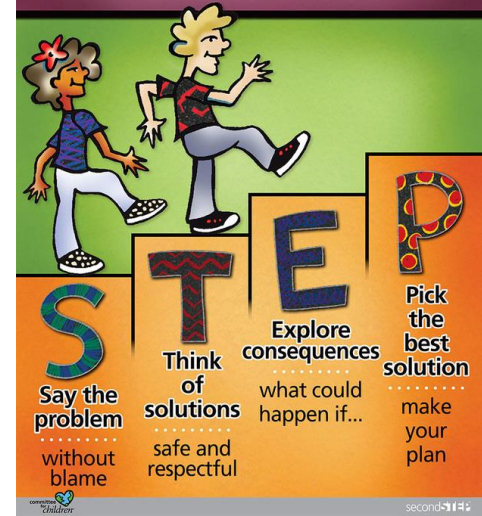
- Help your child to calm down before trying to problem solve by taking a break, taking some deep belly breaths, or using positive self-talk.
- Ask your child to break the problem down into small segments without blaming someone else. For example, if your child says, "Joey always gets to pick what we watch". Guide them to state the problem without blaming someone such as, "Joey and I want to watch different things."
- Encourage them to think of solutions that would be fair to everyone. Ask them to predict what the outcome would be for each solution.
- Ask them to pick the best solution.

The more they practice, the better they will become at practicing this skill independently.

Problem Solving



Problem-Solving Steps



Books that teach Problem Solving Skills

- A Bad Case of Stripes by David Cannon
- The Big Guy took my Ball by Mo Willems
- Rosie Revere, Engineer by Audrea Beaty
- What Do You Do with a Problem? By Yobi Yamada
- I Can Use an "I Statement", I am a Problem Solver by Jennelle French