

TEACHING YOUR KIDS THE 5 STEPS TO PROBLEM SOLVING

More than wanting to be parents who solve problems effectively, we should want our kids to become adults who know how to solve problems. To do this, we must be intentional to train and teach them how to solve problems on their own. One way to start this training is to evaluate our reaction to problems when they arise. Do we do everything for our kids and just take care of the situations? Or do we allow them to participate in the problem solving? Our response to problems teaches our kids how to respond to problems.

Here are some key steps to help your kids learn the skill of problem solving.

1. Identify The Problem

The first step is to identify the problem. This may seem obvious but many people don't recognize the root of a problem. If you can help your kids vocalize the problem, they now have a starting point to solve it.

2. Help your Child Come Up with Solutions

Once the problem has been identified, you can help your child come up with potential solutions. Brainstorm two or three options to help them further stretch their problem-solving skills. Ask questions to help your child think through possible solutions. Don't discourage by shooting down an option that you feel may not work. Allow your child to write down all the possibilities and then move to the next step to help them think through which may be best.

3. Create a Pros and Cons List

After the problem has been vocalized and solutions have been presented, help your child weigh out possible outcomes by creating a pros and cons list. What are the potential advantages and drawbacks to each solution we created?

4. Pray and Let Them Pick the Solution

Pray with your child and encourage them to spend some time praying. Then come back to the solutions and coach them on how to choose. Help your child pick the solution that promises the most success and with which they are most comfortable. Be sure to remind your child that the solution should support your family core values, not oppose them.

5. Follow-up

Watch the solution play out. Coach your child along the way. Follow up, ask questions, and see how they did. This is a great opportunity to reinforce learning the skill of problem solving.