

# JOINT PROBLEM SOLVING



## DESCRIBE THE SITUATION

For example, you can say something like, "I see you are lying down and don't want to do work today."



## TALK ABOUT FEELINGS

Label what you think your child may be feeling (without correcting/judging), such as, "You seem to be feeling bored."



## LIST ALTERNATIVE RESPONSES

Get out a paper/pen and start noting down potential solutions. Say them out loud as you write, encouraging your child to engage.



## DISCUSSION

Review the list with your child and discuss which solutions could work and which need to be crossed off.