

What to Problem Solve

What situation do you or your child want to change?

What daily routines, free time, responsibilities, and rules aren't working?

When to Problem Solve

When you have enough free time to discuss a problem.

When you are not feeling emotional, upset, or stressed.

When you are not in the middle of the problem.

When the problem is still manageable.

Problem solving should be a calm, thoughtful activity. It should not be done at a time when people are upset or stressed. When we try to solve problems when we are angry, we can slip into unhelpful habits. As a parent, one of the best ways to stay neutral is to catch problems early, before you become angry or frustrated. Another way to collect yourself is to make a plan before you approach your child.

Where to Problem Solve

In a neutral spot (e.g., not your child's room or your work area).

Away from the phone.

Away from distractions (including other people).

Where to problem solve depends on each family's situation. We recommend finding a neutral spot in the house, such as the porch or the living room, instead of your child's bedroom. Try to find a place that is free of distractions and gives you some privacy. Turn off your phones.