Be neutral, brief, and specific. State the problem in a calm voice and respectful manner.	Make neutral problem statements	Before bringing up the problem, remember to give a compliment, take some responsibility, or acknowledge your child's current efforts.
With open minds and a sense of humor, each person think of as many solutions as possible. Any idea is worth writing down.	2. Generate solutions	Remember to recognize a child's efforts along the way.
Evaluate your list of ideas. Practice positive or neutral statements and avoid giving negative feedback about others' idea. Go back through each idea, one at a time, and list pros and cons. Cross off any ideas that have no pros.	3. Evaluate solutions	Encourage your child's ideas and accept their evaluations.
Choose a solution after you have identified the pros and cons of each idea. Choose the solution with the most pros. Sometimes it may be a combination of several ideas.	4. Choose a solution	You and your child should accept and agree on the chosen solution.
Make a plan to follow up to see how well your solution is working.	5. Follow up	If you choose a solution that can be tried several times a day, then set a time to check how well it's working. If it's a solution that can be tried only a couple times a week, then check it in a week.