**Session 9: Choosing Solutions to Family Problems**

***Domain: Family Relationship Building***

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| **Relevant Family Goal:** |  |

* **Session Goals** *(check all that apply)*
  + Explore the problem-solving process
  + Provide a rationale for problem solving
  + Learn the skill of recognizing effort in children
  + Opportunity to role-play a family problem-solving meeting
  + Learn the skills of brainstorming and evaluation
  + Practice selecting a solution and making a plan
* **Handouts to Use** *(check all that apply;* [*click HERE*](https://thefamilycheckup.com/content/everyday-parenting-handouts#session9) *to find handouts)*
  + 9A Steps for Effective Problem Solving, pg. 159
  + 9B Family Problem-Solving Form (Competed Example), pg. 160
  + 9C Family Problem-Solving Form, pg. 161
  + 9D My Strengths and Challenges When Problem Solving, pg. 162
* **Videos to Share** *(check all that apply;* [*click HERE*](https://thefamilycheckup.com/content/parenting-videos#family-relationships) *to find videos)*
* Negotiation/Problem Solving (Younger/Older Child)

**Bear videos** *(available in English or Spanish)*

* Working as a Team (Older Child)
* Family Meeting (Older Child)
* Exercise with the Family (Older Child)

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* **Teaching Process for Each Skill Chosen for Session**

*Add notes below from your review of EDP book. Handouts and page numbers are listed to help you, but you will choose which specific activities, scripts, handouts, etc. to use tailored to the parent and family, and based on what matches parent needs and goals.*

* + **Check on Home Practice from last meeting**
  + **Set agenda for session:** Confirm with parent the session goals checked above
  + **Teach**: Include rationale, benefits (pgs. 149-150); consider using relevant video(s) checked above
    - **Brainstorming**: describe the first step of brainstorming and discuss how to do this effectively, referencing Step 2 in Handout 9A (pg. 150-151); clarify how this process will differ based on youth age; Helpful videos: Family Meeting, Exercise with the Family
    - **Problem-solving steps**: explain Effective Problem-Solving steps 3, 4, and 5 using figure on pg. 153-154 and Handout 9A; remind parent to start with neutral problem-solving statements learned in last session (review video if necessary); Helpful videos: Family Meeting, Exercise with the Family
  + **Model**: Use relevant handouts checked above
    - **Brainstorming**: Consider using the scenarios in the manual (pg. 151) to model the Wrong Way/Right Way for how to brainstorm solutions to a family problem; show problem solving example (Handout 9B); Helpful videos: Working as a Team, Family Meeting, Exercise with the Family
* **Practice**:
  + - **Role play problem solving**: Review Considerations when Problem Solving (pgs. 154-155); role play going through problem solving steps with youth (Handout 9C) using a fictional problem (pg. 155) or using a real problem that won’t raise so much emotion that it interferes; facilitate parent reflection (pg. 156, Handout 9B); review problem solving with young children if relevant (pgs. 156-157)
  + **Debrief**: Facilitate parent self-assessment of role play (Handout 9D); give your feedback on strengths and challenges from the practice; plan for possible barriers to use of new strategies (consider Tips for Success at Home, pg. 157-158)
* **Home Practice**
  + Homework Options: Parents problem solve on their own using either a fictional problem or minor problem at home (Handout 9C); parent can reflect on solving the problem (Handout 8A); parent practices problem solving using real problem with youth- best to use a minor problem (Handout 9C); parent reflects on strengths and difficulties with home exercise (Handout 9D)
  + Tailor home practice to child, parent and family, including cultural and general context
  + Optional: prep for use of Emoji Tracking Worksheet [Tracking Parent Skills Practice Emojis - English](https://thefamilycheckup.com/sites/default/files/Tracking%20Parent%20Skills%20Practice%20-%20Emojis.docx)
  + Other:
* **Schedule Next Session**
  + Discuss which goal and parenting strategy parent wants to address in next session
  + Plan to enable session to be focused and not distracting, such as arranging for child(ren) to be occupied. See [*Establishing a Focused Environment for Sessions*](https://thefamilycheckup.com/sites/default/files/Establishing%20a%20Focused%20Environment%20for%20Sessions.docx).