

Problem-solving

- Reminder sheet -



Knowing how to solve problems is a very useful skill for parents, children, and the whole family. Being able to find solutions to problems helps family members live together more harmoniously and therefore strive toward a better family balance.

THE 6 STEPS

1

DESCRIBE THE
PROBLEM AND
ITS CAUSES



- The morning routine is difficult
- Milan takes too much time to get ready in the morning
- Milan watches TV instead of getting ready
- Mom constantly repeats the tasks to be done
- Mom loses her patience because she always has to repeat the tasks to be done

2

MAKE A LIST OF
POSSIBLE
SOLUTIONS



- a) Mom sets a timer
- b) Milan lays out his clothes the night before
- c) Mom and Milan make a routine table together

STEPS 3, 4, 5, 6



THE 6 STEPS

sequence...

3

ASSESS THE
POSSIBLE
SOLUTIONS



a) Mom sets a timer

- + Saves time
- Mom must supervise
- Does not promote autonomy

b) Milan lays out his clothes the night before

- + Gets dressed faster
- Breakfast, toothbrushing and TV are still problematic

c) Mom and Milan make a routine table together

- + Promotes autonomy
- Requires preparation
- Requires time to adapt

4

CHOOSE A
SOLUTION



- Mom and Milan choose to make a routine table together

5

TRY THE
SOLUTION



- See the *Cap sur la famille* «Routines» reminder sheet
- Create a routine table
- Hang the table on the wall in the room
- Support Milan as he goes through the tasks in the table during the week

6

ASSESS THE RESULT
OF THE CHOSEN
SOLUTION



- The routine is done faster
- Mom does not need to repeat as much
- Milan arrives at school on time
- Add lunchbox prep for next week