



PROBLEM SOLVING PARENT TIP SHEET

Problem solving is an important skill that is used in all aspects of life. Parents can teach their students how to problem solve at home or in the community. Teaching children problem-solving skills from an early age will help their child be more independent. Getting the whole family involved by using fun and engaging activities can be highly rewarding. Below are just some of the tips that can be found in the resource *Fostering Self-Determination Among Children with Disabilities – Ideas from Parents for Parents* from the University of Wisconsin's Waisman Center.

Tips:

- Provide models and practice of problem solving in real world situations.
- Ask leading questions that guides your child to answers or solutions.
- Provide a limited set of solutions (2 to 3) and allow your child to select the best option.
- Use visuals, prompts, writing, drawings, or other methods to help your child remember steps to the problem-solving strategy.
- Use media such as TV, books, favorite characters, etc. as models for problem solving.
- Schedule a family meeting where all members talk about problems they faced during the week and how they solved them.
- Reinforce successes and use them as examples for the future.