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parent skills

Six-step Problem Solving Guidelines

1. Define the problem in terms of parent and child needs.

- *active listen until you think you have determined your child's underlying need*
- *use non-blameful I-Messages to describe your need*
- *shift gears*
- *to help uncover needs, may be useful to ask "what will this do for you (or me)"*

2. Brainstorm possible solutions with child

- *"do you have any ideas about how we can both be happy?"*
- *both parent and child come up with ideas*
- *useful to write ALL ideas down (especially the ones you disagree with)*

3. Evaluate solutions together

- *which ones do you both like? Which ones would work?*

4. Choose a solution.

5. Implement solution

- *how will you both put the solution into practice?*

6. Check the results

- *did the solution work out? If not, then perhaps the real need was not uncovered. Start again, or see if you have any other ideas to add, that might solve the problem.*

From Parent Effectiveness Training (P.E.T.), by Dr Thomas Gordon