

Bear Wellness

Century Community Charter

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Benefits of teaching problem solving skills

1. Problem-solving skills will teach the teens to find constructive solutions to problems. It will strengthen your child's empathy skills. These abilities are valuable in both social and work situations.

2. It will help your child learn about the positive implications of another person's intentions.

3. Problem-solving skills will teach your child to listen and think calmly and to respect the opinions of other people.

4. When teens inculcate the skills to resolve conflicts by themselves, they will feel more independent, mature and responsible.

Problem Solving

Problem solving is a big part of adult life. But if a teenager is used to their parents making decisions for them, then approaching problems can be seriously daunting and they may not know where to start. The good news is that problem solving is a skill that can be learnt. As a parent, you are in the best position to help your child develop these skills and learn how to tackle problems head-on, as well as knowing when they should get support from others.

The following steps will help your child solve most of their problems with ease

1. **Identify the problem:** the first step is to teach your child to identify the problem. Ask about the current situation and how they want it to turn out. Encourage that they approach the problem with a positive attitude.
2. **Focus:** Tell them to focus on the issue, not the person or the emotion. It will help them face the problem bravely rather than suffer from anxiety and frustration.
3. **Listen:** Listening is very critical to problem-solving skills. Tell your child to listen without arguing or debating. Encourage that they use statements like "I need, I want, I feel"
4. **Generate a solution:** Sit down with your teen and encourage them to think about all the possible ways to solve the problem at hand. Ask your child to come up with a variety of solutions. Let them explore creative abilities.
5. **Evaluate the solution:** Teach your child to evaluate the pros and cons of each of the possible solutions. Help them omit the options in which the negatives outweigh the positives. It will help your child sort out the most promising solution