

Incredible Years – Week 9 Agenda

- Check In:
Any “logical” consequences that you used or thought of?
- Teaching Children to Problem Solve and Self-Regulate -- Vignettes

Brainstorm Activity:

-Describe a situation in which your child continued to misbehave despite your attempts to discourage the behavior.

Review KEY CONCEPTS:

*Understanding the problem-solving steps:

- 1) Identifying the problem
- 2) Brainstorming solutions
- 3) Evaluating consequences of solutions
- 4) Making the best choice

*Importance and value of adults modeling problem-solving for children.

*Importance of adults not imposing solutions on children but try to foster a “thinking process about the conflict.

*How to use “Guided Solutions” for children who do not have positive solutions in their repertoire.

*Importance of first understanding the child’s feelings and view of the problem before attempting to problem solve.

*Strengthening children’s beginning empathy skills by reversing roles or talking about another’s feelings.

*Avoid “blocks” to effective problem solving, such as lectures, negative or quick judgements about solutions, excessive focus on the “right answer”, and failure to validate child’s feelings.

*Use puppets, books, or games for younger children to practice “hypothetical problem situations” and practice solutions to problems.

*Importance of problem solving when children are calm and self-regulated.

- Home Activities for the Week – Class documents on website
www.ButlerEarlyAccessNetwork.org