

SESSION 10

SOLVE PROBLEMS TOGETHER



SUPERVISION

Supervision is about being involved in your child's life, for example by knowing where he/she is when away from home, what he/she is doing, and who he/she is hanging out with. As a parent, you show interest and you are available if your child wants to share something with you.

Advice for better supervision

- Make it a routine that your child always tells you before he/she leaves the home.
- Keep track of where your child is and what he/she is doing and with whom. With younger children, it is a good idea to look in on the child once in a while if he/she is playing alone in another room.
- Agree on the time your child is supposed to be home. Come to an agreement that your child will call you if he/she is going to be late.
- Be interested in and get to know your child's friends and their parents.
- Be available and ready to listen when your child wants to tell you about his/her experiences. It is a good idea to make it a routine to give your child an opportunity to talk about his/her day.



Remember: Your child may interpret excessive supervision as a signal that you believe the world is dangerous and that you do not trust your child. Parents who worry a lot often make themselves even more anxious by constantly checking to make sure nothing has happened. Ideally, you should try to strike a balance between supervision and trust.

SOLVE PROBLEMS TOGETHER

Problem resolution is useful in situations when family members disagree and you, the parent, are willing to try other solutions. If your child wants to do something, for example, instead of simply saying "no," you might say "How should we deal with this? We need to arrive at a solution that both of us can accept..." Solving problems together teaches children to resolve problems on their own and to think in the long term. It is also good practice for the family at listening to each other and cooperating.

PROBLEM RESOLUTION MODEL

1. Describe the problem. Try to come up with a joint problem statement.
If it helps - state the problem as a goal. What do you want to achieve?
2. Ask for suggestions for solutions to the problem. Accept all suggestions without making value judgments.
Let everyone make suggestions.
3. Settle on one or more solutions. Evaluate the suggestions. Decide what you want to try. You can also combine different solutions.
4. Follow-up. Decide how long you want to try the solution and when you will evaluate how well it has worked.

SUGGESTIONS FOR PROBLEM RESOLUTION

- Don't solve the problem for your child - give the process time and let your child try a solution he/she has chosen, even if you do not think it is ideal.
- Reason aloud when you evaluate the suggested solutions, so the model becomes even clearer to your child.
- You can help your child see things from another person's perspective by asking questions like: "What do you believe he would think was a good solution?"
- Avoid using problem resolution if you and/or your child are too upset.
- Sometimes it can be good to show that you understand how your child sees the situation before you begin the problem resolution process (*confirm the child's feelings*). You might say, for example "I understand you're disappointed over this. Should we see if we can come up with another solution?"



HOMEWORK - SESSION 10

One-on-one Time/PIP/The Snake

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Pick your battles/emergency brake/rule plan

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Supervision. I plan to work with supervision in the following ways.

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Solve problems together

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BEFORE SESSION 11

One-on-one Time/PIP/The Snake

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Pick your battles/emergency brake/rule plan

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Supervision

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