

Dear Families/Caregivers,

Negative emotions such as frustration, anger, and embarrassment can signal a problem. Developing problem solving skills empowers children to view problems as challenges to overcome.

We have been learning to solve problems using the acronym STEPS. The steps to solving a problem are:

Say the problem.

Think of solutions.

Explore the solutions.

Pick a solution.

Step up and try the solution.

This year your child is learning to identify a problem and whose problem it is. Your child has learned to identify a problem and think about who is responsible for solving the problem. This is part of the first step of problem solving, *Say the Problem*.

Next time your child has a problem, encourage him or her to say the problem. Knowing what is the problem is the first step to solving any problem. Then ask your child to think about who is responsible for the problem. By encouraging him or her to think about who is responsible for the problem, rather than assuming who the problem belongs to, will build his or her problem solving skills and ownership over his or her own problems.

Sincerely,

Your Child's Teacher