

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 the steps to solving a problem, focusing on the first step: 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 of solutions. By encouraging him or her to think of his or her own solutions, rather than providing the solutions(s), will build problem solving skills. If your child can't think of any solutions, provide him or her with two or three solutions to choose from.

Sincerely,

Your Child's Teacher