

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 brainstorming as a strategy for finding multiple solutions to a problem. Lists and mind maps are both great ways to think of solutions.

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 brainstorm solutions. Remind your child that all ideas are welcome without criticism, to build on the ideas he or she has already identified, and that the more ideas, the better. 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