

## March

### *Practice Solving Problems!*

When problems arise, don't rush to solve your child's problems for him. Instead, help him walk through the problem-solving steps. Offer guidance when he needs assistance, but encourage him to solve problems on his own.

If he's unable to come up with a solution, step in and help him think of solutions. But don't automatically tell him what to do.

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You can also use a problem-solving approach to help your child become more independent. If she forgot to pack her wallet for an outing, ask, "What can we do to make sure this doesn't happen again?" Let her try and develop some solutions on her own.

Young adults often develop creative solutions. So she might say, "I'll write a note and stick it on my door so I'll remember to pack them before I leave," or "I'll pack my bag the night before and I'll keep a checklist to remind me what needs to go in my bag."

Provide plenty of praise when your young adult practices his or her problem-solving skills.