

## My child's problem solving

**STEP 1 Name it:**

The problem is

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**STEP 2** Come up with some possible solutions – go on, add some funny and ridiculous ones too, it helps with imagination.

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*Teenage Depression*

**STEP 3** Have a think about each solution and how good you think it is – will it solve the problem completely or maybe even just a little?

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**STEP 4** Choose one or two of your favourite solutions – they don't have to be perfect, in fact most of the time solutions are not perfect, they're just OK.

My favourite solutions are

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**STEP 5** Plan how and when you will try them out.

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**STEP 6** Try them. Did it work?

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*Teenage Depression*

**STEP 7** If not, try some other ones – which ones will you try next? Do you need to think of some extra solutions?

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**STEP 8** Stop and remind yourself that it's great you have remembered to practise solving problems, no matter what the outcome.

How do you feel now?

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