

# 3 General Strategies to Teach Problem-Solving at Any Age

Adapted from BigLifeJournal by Ashley Cullins

## 1. Model Effective Problem-Solving

When YOU encounter a challenge, do a “**think-aloud**” for the benefit of your child. MODEL how to apply the same problem-solving skills you’ve been working on together, giving the real-world examples that she can implement in her own life.

At the same time, show your child a willingness to make mistakes. Everyone encounters problems, and that’s okay. Sometimes the first solution you try won’t work, and that’s okay too!

When you model problem-solving, explain that there are some things which are out of our control. As we’re solving a problem at hand we should focus on the things we CAN actually control.

## 2. Ask for Advice

Ask your kids for advice when you have a problem. This teaches them that it’s common to make mistakes and face challenges. It also gives them the opportunity to practice problem-solving skills.

Plus, when you indicate that their ideas are **valued**, they’ll gain the confidence to attempt solving problems on their own.

## 3. Don’t Provide “The Answer”

As difficult as it may be, allow your child to struggle, sometimes fail, and ultimately LEARN from experiencing consequences.