

PROBLEM SOLVING FOR KIDS



01

Problem-solving is understanding issues, generating solutions, evaluating options, and taking action. Mastering this empowers kids to overcome challenges.



02

It's important because it helps kids manage emotions, think rationally, research, compromise, learn from mistakes, persevere, and more. This leads to greater resilience and independence.



03

Teach it by naming feelings, offering choices, asking open-ended questions, acting out scenarios, researching together, and making decisions as a family.



04

Set an example by staying calm, talking through issues, brainstorming, being creative, seeking input, and learning from failures.



05

Give kids hands-on opportunities to problem-solve like planning parties, dividing chores, building projects, playing logic games, and tackling obstacle courses.



06

Ask guiding questions and resist stepping in to fix things. Mistakes are learning experiences, not catastrophes.

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07

Analyze failures rationally, focus on effort, share your own setbacks, and offer encouragement to keep trying. This builds determination.

08

Integrate skill-building into everyday moments. With practice, problem-solving becomes natural.

09

Be patient. These skills take time to master but are invaluable for life. Model persistence in the face of challenges.