



March Counseling Update

Hello TES families!

It's hard to believe that the school year is already two-thirds of the way over and that springtime is right around the corner! The change in seasons, brings on warm weather and a renewed sense of hope and positivity for the last few months of the school year 🍀

Problem-Solving

We all face problems on a daily basis and our kids are no exception to this rule. There is rarely a day that goes by, that we aren't confronted with some sort of challenge, that life has inconveniently thrown our way. That is why it is crucial to show our young students the value in learning problem-solving skills. Experts agree that teaching young children problem-solving skills promotes-critical thinking, creativity, independence and is good for one's overall mental health. When children tackle problems on their own, or in a

group, they become resilient. They learn to look at challenges from a new perspective. Children who learn how to solve problems when they are young tend to appreciate lifelong learning. They are curious, motivated, and innovative.

How to nurture your child's problem-solving skills

- **First**, it is important to recognize when your child is feeling frustrated. It is much harder for a child to focus on solutions when they are feeling upset. Allow your child the time to calm down and refocus (taking a few deep breaths can help!)
- **Second**, allow your child to explain what the problem is. Let your child own their problem and discuss why it is bothering them.
- **Third**, encourage your child to brainstorm ideas on how to fix the problem. You can provide suggestions but let your child take the lead on finding solutions. You can help your child by asking **open-ended questions**. This allows them to think outside of the box and analyze the situation.
- **Fourth**, Have your child think about what the outcome would be with each possible solution. You can ask “Is that fair?” “How will others feel?” “Is that safe?”
- **Lastly**, have your child try out a solution. It is important to let your child navigate their problem and to maintain your role as an observer, supporter and facilitator. Step back and **let your student find their own solutions, while ensuring their safety and well-being.**

These simple steps will help your child to become more independent and resilient enough to tackle problems on their own!

Read Aloud books for problem-solving-

[A Good Day](#)-by Kevin Henkes

[I Can Handle it](#)-By Laurie Wright

[Solutions For Cold Feet](#)-By Northern Bright Bookshelf

-Mrs.Clark-School Counselor 