

Active Problem Solving with Teens

- Always approach during a calm moment.
- Approach with no siblings or friends around.
- Say clearly, “I don’t know the answer to this, so maybe we can come up with something together.”
- Acknowledge the child’s feelings: “I can see how you feel.”
- Check it out: “Is that right?”
- “How do you think we can handle it differently?”
- If the child has no ideas, say, “I’ve been thinking – here are a couple of solutions I’ve come up with – what do you think?”
- If no success, try again later, while engaged together in a calm activity.