

Which Is Best?

That tower keeps falling.



*Let's talk about some ways
you could change it.*

When your child faces a problem, offer two possible solutions and let him choose the best option.

Your child will gain experience in considering alternative paths of action.



Why this is important

Providing your child with two possible solutions to a problem encourages him to think about each one before making a choice. With enough practice, considering alternative actions will eventually become a habit for him. Weighing alternatives is a key step in solving problems. Later your child will be able to link this skill with others to solve problems successfully.

What you do

- Encourage your child to pause when he is dealing with a problem. During the pause, calmly and lovingly explain what is happening. For example, if his tower of blocks keeps falling over, say, *That tower keeps falling. It's made you so unhappy.*
- Talk quietly with your child about problem solving. *There are some things that you could do so that won't happen anymore. Let's talk about a couple of them.*
- Invite your child to consider two options for solving the problem. *You could build the next tower wider and stronger at the bottom, or you could decide to build something else – maybe a long train. Which of these ideas would be best for you?*
- Accept any decision he reaches after thinking about both alternatives. If he suggests a third alternative, congratulate him on his creative thinking.

Another idea

Use this process for helping two children solve a problem. When they argue, calmly sit with them, explain the situation, and suggest two courses of action that they can choose from.

Let's read together!

Talk And Work It Out
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