

## Steps for You As a Family Member to Take to Problem Solve

1. Define the problem (with input from yourself and others) Ask yourself and others the following questions: **What** can you see that causes you to think there is a problem? **Where** is it happening? **How** is it happening/ **When** is it happening? With **whom** is it happening? **Why** is it happening? \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Describe what things will look like when the problem is solved

\_\_\_\_\_

\_\_\_\_\_

2. Brainstorm alternative solutions to the problem. (A) Identify who of your family, friends or professionals who support your child can brainstorm with you. \_\_\_\_\_
- (B) Identify possible solutions, the pros and cons to those solutions, and the people who can help you with each solution. Ask yourself if this solution helps with other issues you are dealing with and how.

✓	Possible Solution	Pros	Cons	Who do you know who can help you?	Does this help with other issues? How?
1					
2					
3					

3. Select a solution to resolve the problem: Ask yourself which of the solutions above will solve the problem for the long term? Can I get this solution put into action within the time frame that is important to my child? Put a check in the number box of the solution you choose.
4. Develop an Action Plan. Use the *Guided Action Plan* form