

Problem Solving

Complete this activity by thinking about a situation that usually makes your child feel anxious.

What is the problem?			
What can I control/change?			
Solution 1			
Solution 2			
Solution 3			
What would solution 1 do?			
What would solution 2 do?			
What would solution 3 do?			
Rank your solutions			
Evaluate your solution. What would you do differently next time?			