

DID YOU KNOW?



Did you know that kids have to learn how to solve problems?

Kids of all ages face problems every day. Some are little problems like what to do when they spill their milk on the floor and some are big problems like how to deal with a bully at school. If kids don't know how to solve

these problems, they will avoid them or not handle them well. For example, a child might hit a friend who takes their toy or gets in front of them in the lunch line because they don't know what else to do.

Practice solving problems with your kids every day.

You can help young children learn the thinking skills they will need when they get older.

ASK YOUR TODDLER OR PRESCHOOLER QUESTIONS.

When you ask a question they learn how to ask questions themselves about the world, and come up with new ideas. For example, you can ask "why is there grass in the park?" or "how can you climb up to get on the slide?" or "what should we do about that?"

ENCOURAGE LOTS OF ANSWERS.

Ask questions that have many answers. There doesn't have to be a right answer. You just want the child to practice thinking and find lots of different possible solutions. And don't give them answers – it is okay if they make mistakes. And maybe they will have ideas you never thought of!



TELL STORIES ABOUT YOUR PROBLEMS.

Teach your kids about the daily challenges you face. And tell them like it is a fun story. For example "today at work I put my yogurt in the refrigerator, but when I went back it was gone!"



LET THEM SEE YOU SOLVE PROBLEMS

It's one thing to tell them a story about a challenge and yet another to have them see you think through a decision. It can be as simple as choosing between two items at the grocery store or deciding what to make for dinner.

The important thing is for them to see you think through options and make a decision that will work for you.



GUIDE YOUR CHILDREN TO GOOD PROBLEM-SOLVING SKILLS. WHEN YOU HELP YOUR CHILD PROBLEM-SOLVE SMALL CHALLENGES AT A YOUNG AGE, THEY ARE BETTER AT PROBLEM SOLVING BIGGER CHALLENGES WHEN THEY ARE OLDER. KEEP UP THE PRACTICE AND SHOW THEM THE WAY. IT WILL MAKE A BIG DIFFERENCE!

Rady Children's

GROWING MINDS  In partnership with KOHL'S Careso