



**Natick Together
for Youth**

Problem Solving Technique

Often adults try to provide solutions for children rather than trying to help them find their own solutions. This is one way that “helicopter parents” have created dependent children.

Unless the person is in physical danger, take time to talk through the problem by using the following technique.

Have your child:

1. Identify the problem
2. Brainstorm a variety of solutions
3. Choose one solution to try
4. Parent should follow up to learn if the issue has been resolved
5. If the solution didn't work, choose another to try

Your goal as a parent is to raise healthy and independent young people who can make decisions and choices for themselves. Sometimes these decisions don't work out, but that is one way to learn about oneself.