



Solving Problems Using S.O.D.A.S.

The ups and downs of life are opportunities for you to role model ways to deal with difficulties and challenges. Children observe those around them and learn from the people whom they look up to.

Share with your child the benefits of learning from past mistakes and encourage them to take initiative to solve the problems they face. Being able to work through and solve their own problems builds confidence to deal with future problems.



Use the **S.O.D.A.S.** problem-solving approach to break down problems with your child:

Tips	Sample Conversations
<p>1 Guide your child to identify the Situation.</p>	<p>1 You seem stressed these days. What's on your mind?</p> <p>My exams are around the corner. I'm feeling stressed from the constant revising of my notes.</p>
<p>2 Think about the Options they have or can take.</p>	<p>2 Have you taken a break at all? What are some ways you can manage your stress?</p> <p>I can play computer games or go for a run to destress.</p>
<p>3 Weigh the Disadvantages of each option.</p>	<p>3 What are some possible negative consequences of the options that you shared?</p> <p>Running will take longer because I'll need to wash up after that. And I might not be able to stop gaming, or be distracted even after I'm done.</p>
<p>4 Weigh the Advantages of each option.</p>	<p>4 What are some possible positive outcomes about the options that you shared?</p> <p>Both will help me feel better, but running is healthier.</p>
<p>5 Decide on a Solution.</p>	<p>5 Which do you think is the better solution?</p> <p>I think I'll go for a run. Would you like to join me?</p> <p>Sure!</p>



you've got this!