



Who Owns the Problem? Coach Problem Solving Skills

- Do you find yourself trying to solve your child's problems?
- Do you sometimes get into conflict about problems that aren't really yours to solve?
- Do you wish your child would be more effective at dealing with challenges?

When you recognize who "owns" a problem, you are able to determine who is responsible for solving a problem. Once you know which problems are yours to solve and which problems are your child's responsibility to solve, life gets a lot easier. We often fall into conflicts when we try to solve our kids' problems. And it is important to raise children who know how to solve problems. When teens perceive that they are problem solvers, they are less likely to use substances, less likely to harm themselves or others and they are all around more competent.



Takeaway messages

1. Problem solving skills are part of Emotional Intelligence
2. Emotional intelligence is associated with more happiness and success
3. Teens who perceive they can solve problems are safer and more capable
4. Important to recognize who owns a problem by asking 3 questions
5. When child owns problem, use 6 steps to coach problem solving skills

