

Dear Counselling Corner:

Will you please remind me of your three step problem solving strategy which you are teaching the students? My child is going through a 'phase' both at school and at home and I am feeling at a loss when it comes to solving problems in peaceful ways. Thanks for sharing it again!

Tired Dad

Dear Dad:

Of course! The Three Step program is a lifelong skill to help us solve problems in peaceful ways. I have attached the steps below for you to see. I encourage you to print off this page and post it somewhere visible (eg. on your fridge). To help to put it into practice with your child, try: modeling it; practicing it through role plays when your child is calm; and also referring to it when needed in a calm way. Please contact me if you need additional support for your child's social and emotional needs.

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Three Steps for Solving Problems in Peaceful Ways

Say:

“Please stop.” *Then ask after a few seconds, “Are you okay?”*

If they don't stop, say: “If you don't stop, you are forcing me to get help.”

If they still don't stop, say: “You did not stop and now you are forcing me to get help.” *Go and get help!*