

Dear Counselling Corner:

Hello and Happy New Year! I know that you have run this before, but will you remind us about the three steps you are using to help kids solve problems in peaceful ways? Our kids are not getting along at the moment, and it is driving my spouse and me crazy. Please help! I promise that I will print it out and stick in on our fridge this time! Lol! Thanks!

Exhausted Mom

Dear Mom:

Absolutely! The Three Step program which we are teaching our students is a lifelong skill to help *all of 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. 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.

We are also using **STP** which stand for **S**top, **T**hink and **P**lan. **STP** is really useful, especially when kids are feeling elevated as it is a great way to help kids self-regulate and then use the three steps (below) more effectively. Please contact me at hchang@sd43.bc.ca if you need additional support for your child's social and emotional needs.

The Counselling Corner is intended to offer some helpful ideas, encouragement, and insight on a variety of topics to support your child's social and emotional learning.

Harriette Chang
School Counsellor

Three Steps for Solving Problems in Peaceful Ways

Say:

“Please stop.” Then ask, “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!