

# From Conflict to Cooperation

## Week 4 Handout: Collaborative Solutions Template

### Problem Solving Script:

1: State the problem in one sentence:

*"I've noticed you're having a hard time with \_\_\_\_\_. What's up?"*

2: Empathize with your kid:

*Repeat what your child has said. Ask questions. "When it's time for \_\_\_\_\_, what do you start thinking?" "What else?" "Walk me through this."*

3. State your concern:

*"The thing is \_\_\_\_\_."*

4: Invite them to solve the problem:

*"How can we solve this problem?"*

Remember:

- *Choose one small, solvable problem to start.*
- *Be a detective.*
- *Prioritize. Let some problems go.*
- *Be proactive: pick the moment wisely.*

Troubleshooting: Repeat empathy. Be patient. Self-regulate.

**This takes time to learn, and time to build trust.**

**Start simply, with fewer words and more empathy.**

