



CONFLICT SPECIALIST

Problem Solving Method for Parents

Find a quiet spot during a calm time to have this meeting. Bring a piece of paper and pencil.

1. Define the problem: “You have been struggling to work gently with your brother while playing lego. What’s up?” (Now listen to understand.)

2. Specifics: Define the problem for them, and the problem for the other camper.

- a. I want you to be able to play your lego.
- b. I want your brother’s body to not be hurt.

3. Brainsprout: How can we make sure that you get to play your lego AND your brother doesn’t get hurt?

Tips:

- Write down every answer.
- No filtering/judging.
- Be silly!
- Adult should be suggesting MAX 50% of the answers.

4. **Eliminate:** the answers that don’t solve both problems.

5. **LET THEM CHOOSE** the best answer!

Put the list on the fridge. Give them time to try out their solution to see if it works. If it does not, go back to the list, do a little more brainsprouting OR let them choose another option.