



it starts
within

Solve Problems

**When your problems get too big,
try breaking them down.**

Positive problem solving is an important skill in every aspect of life. Whether you are working through something with another person or on your own, just noticing the problem is a great first step to moving forward. But what can you do next?

You have what you need to solve problems - try these steps:

Take a moment

to acknowledge that
sometimes things are hard.

Define the problem

and break it down into
smaller pieces.

Be specific

and try not to blame.

Brainstorm solutions.

Writing them down is
really helpful!

Review all solutions

and pick one to try.

Try it out

and then consider how you
think each solution worked.



LEARN MORE

PASS IT ON!

Showing children the power in asking for help is a lifelong gift. Explore this resource in supporting children in appropriately getting your attention and asking for help.

**Sometimes our problems are more than we can handle on our own.
Reach out to your healthcare provider or call 988 for support.**



Connecticut Office
of Early Childhood