



Take advantage of this unique opportunity to learn more about Problem-Solving Skills and other ways to develop courage, responsibility and character in your children by joining an Active Parenting Online Group. This six-week, video-based interactive class is being offered FREE to CWA represented employees in DE, MD, PA, NJ, VA, WV, Washington, DC or can be purchased at a discounted rate for non-CWA represented employees.

Visit ww.ACFCcares.com and click on the Active Parenting link for more information and to register for the next available class.



Fitting the Pieces of Your Life Together!

The Beauty of Problems

Effective problem-handling skills are key to success in our daily lives and showing our children how to accept and work through problems is a trait that will benefit them for a lifetime. Problems present a wonderful teaching opportunity, so when a problem does occur, the active parent will take advantage of the opportunity to develop this essential skill.

All families have problems. The difference between a successful and an unsuccessful family is how they handle their problems. Rescuing our children from their problems sends the message that we don't think they can make good decisions on their own. We rob them of the opportunity to think of alternatives to handling the problem and the courage to try and fail until they find the right solution. Providing support and being an active listener will encourage your child to talk openly with you about their problems, without fear of criticism or embarrassment. Of course, when health or safety are involved, parents do need to provide discipline.

The Problem-Handling Model to the right gives some guidelines for determining "who owns the problem" and what type of action should be taken. So the next time your child misbehaves or comes to you with a problem, take a moment to apply the Problem-Handling Model and use this as an opportunity to teach this invaluable skill to him/her.



The Problem-Handling Model

To determine who owns the problem, ask yourself:

- Who is the problem behavior directly affecting?
- Does the problem involve health, safety or family rules or values?
- Is the problem within reasonable limits for your child's age and level of maturity?

Apply support or discipline:

- If parent-owned: Provide discipline
- If child-owned: Provide support
- If shared: Provide discipline and support