



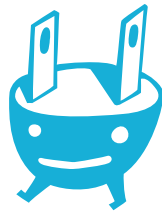
TYPES OF PARENTING STYLES:



The Helicopter Parent



Zebra Crossing parent



Un-plugged Parent



The Miner Parent



The Absent parent



The Consultant Parent





WHOSE PROBLEM ?

	YOUNG PERSON	PARENT	BOTH
WHOSE PROBLEM IS IT?			
YOUNG PERSON GETS A DETENTION			
FORGOT PE KIT			
MISSED THE BUS FOR SCHOOL			
HAS NO MONEY FOR SCHOOL LUNCH			





PROBLEM SOLVING STAGES

Jane comes home from school crying, you can see she is worried about something and talk to her. She explains that Anne is not her best friend any more.

1) IDENTIFY THE PROBLEM

- Explore the problem, ask open questions
- What happened?
- Why has this happened?
- Who said this?
- How does she know?
- Pin point what it is that needs to change
- Name how she may be feeling

2) CONSIDER ALL OPTIONS

- However silly the ideas accept them, write them down

3) CONSIDER ALL CONSEQUENCES

- For each idea talk about what would happen if they tried it, think about the positive effects against the negative effects

4) DECIDE ON THE BEST SOLUTION FOR THE PROBLEM HOLDER

- Make a plan that makes it feel manageable

5) IMPLEMENT

- Put the plan into action

6) REVIEW

- Always go back to review how things went and explore two things that were successes and one thing that could have been done differently.

ELAINE FOWLER





HELPING YOUR YOUNG PERSON TO SOLVE THEIR OWN PROBLEMS!

1. DEFINE THE PROBLEM: WHAT IS THE ISSUE HERE?

2. EXPLORE OPTIONS: WHAT CAN YOU DO ABOUT IT?

3. IDENTIFY CONSEQUENCES: WHAT WILL HAPPEN IF ?

4. DECIDE ON A SOLUTION: WHAT WILL YOU DECIDE TO DO?

5. REVIEW: HOW DID IT GO? WHAT DID YOU LEARN?

