Problem Solving Together (PST) Steps for Parents: The 5 *D*s

Defuse:

- Use yourself as a calming agent (e.g., soft voice, nonthreatening posture).
- Display empathy: "You sound__." "You seem__." "You look__."
- Use mirroring: "So it sounds like you feel as though…."

Define:

- Summarize the child's feelings and viewpoint and//or their "wish."
- Summarize your feelings and viewpoint neutrally and/or your "wish."
- Describe behavior, and keep it short: no blame, no shame, no put-downs.
- Start with, "I hear you saying that…. However, I am worried that…." No BUTs!

Da' Party:

- "Let's put our head's together to find a solution in which we both get what we want."
- "Let's think of some ideas to solve this problem."
- Write down all of the child's ideas with no critiquing! No idea is considered good or bad.

Decide:

- With your child, identify which solutions are "cool-headed" and which are "hot-headed." Pick one that will work for both of you.

Do It!

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