

Problem Solving Planning Sheet

This sheet is a guide to brainstorming. Do not restrict yourself to ideas that are "reasonable."

1. Describe the problem. (Specific behaviors) _____

2. Gather Data.

Record observations (five times). The behavior occurs about _____ times a day or hour.

It often happens when: _____

Who owns the problem? Child Parent Both

What behavior do you want? _____

3. Generate alternatives.

List three ways to **encourage desired** behavior. (*Praise, reward, smile, acknowledge effort*)

1. _____

2. _____

3. _____

List one way to **acknowledge feelings**. (*Reflect feelings and content of the situation*)

4. _____

List three ways to **avoid the problem**. (*Change environment—enrich, remove, rearrange; change schedule—time, sequences, transitions; A Better Way*)

5. _____

6. _____

7. _____

List three **alternative** choices for the child. (*Change "tool," activity, place, or time*)

8. _____

9. _____

10. _____

Determine **consequences** (*Natural or logical*)

11. _____

12. _____

4. Make and implement a plan.

First, I will try _____

I will explain my plan to my child by _____

If my child tests this plan I will _____

5. Evaluate, revise, and repeat.

I will try this approach for _____ (*days/weeks*)

If needed, I may try _____ or _____