

Please watch the following TedTalk to hear Plan B, aka Collaborative and Proactive Solutions (CPS), aka Collaborative Problem Solving explained:

<https://youtu.be/zuoPZkFcLVs>

This is the gold standard of solving any issue related to your children. Here are the steps involved in practicing CPS:

1. Create a safe environment for discussion. That involves creating calm, and choosing your time well. (e.g., “Hey Sandy, I’ve been wanting to connect with you. Come and join me for a cup of tea and some cookies.”)
2. Use Active Listening to state your observations. (e.g., “I’ve noticed that you’ve been spending a lot of time in your room lately. What’s up?”) Continue to use Active Listening repeatedly as you explore why a behavior is happening. Express much empathy and focus of understanding your child.
3. Use an I Statement to express how you feel, and what you need. (e.g., “I’m worried that I’m not as connected as a mom, not like I used to be. I need to

know that I can be supportive and have opportunities to throughout the day to connect.”)

4. Work toward a win/win solution. Both parties must have their needs met in a satisfactory manner. For very young children, you may offer two choices for a solution – because very young children may not be able to generate their own solutions. For older kids, present them with an Invitation to Brainstorm for solutions. Remember, the only solution that is chosen from all that are generated must be win/win for both child and parent.
5. Review the agreement, implement it, test it out, revise as necessary, and give lots of positive encouragement and praise for helping to solve the issue.