



**What Is My Child Learning?**

Your child is learning to use steps to help solve problems. Saying the problem without blame is the first Problem-Solving Step.

**Why Is It Important?**

With Problem-Solving Steps to follow, children are more likely to come up with prosocial solutions to problems.

**Ask your child: What is the first Problem-Solving Step?**

**Read Together**

Everyone has problems—at home, school, or work—that need solving. Using the Problem-Solving Steps helps you come up with a lot of safe and respectful solutions to choose from.

But wait! Before you can come up with solutions, you’ve got to say the problem respectfully. That means saying the problem without blame. Saying the problem in a way that blames the other person can cause hurt and angry feelings, and no one wants to feel hurt or angry. When people are hurt or angry, it’s even harder to solve the problem.

**Blaming Words**

- Always
- Never
- You made me...
- Because of you...
- It’s your fault...

**Practice Together: Don’t Play the Blame Game!**

Saying the problem without blame is not easy. When you’re both blaming each other, it’s even harder to solve the problem. The first step is to be able to recognize blaming words. Then you can try to say the problem without blame. Do this activity together to practice saying the problem without blame.

1. Read the scenario.
2. Read the blaming statements.
3. Underline the blaming language.
4. Write a new problem statement that does not use blaming words.

Scenario	Blaming Statements		Say It Without Blame
A mother and son are arguing over what TV program to watch next.	Mother: “You always get to watch what you want! It’s my turn for once.”	Son: “You never let me watch what I want on TV. Your TV shows are boring.”	
Two sisters, Mariah and Matilda, are arguing over the rules to a board game.	Mariah: “You made me lose because you always cheat and make up rules!”	Matilda: “It’s your fault because you never let me have a fair chance.”	
Scott and Desirée are cousins visiting their grandma. They’ve broken her teapot.	Scott: “You were chasing me, so I ran into the table because of you.”	Desirée: “It’s your fault because you called me a name and made me mad!”	

(CHILD’S NAME)	(DATE)	(ADULT’S SIGNATURE)