

Making decisions and solving problems

Other resources

The following resources have been compiled for parents, carers and school staff who may be seeking further information about helping children to make good choices. A range of resources have been included but the list is not exhaustive. Since materials have been selected to represent differing perspectives, inclusion of a particular item on the list should not be taken as endorsement by KidsMatter.

Information specifically for parents and carers

Embrace the Future provides information on children's problem solving at their Resiliency Resource Centre. There is a 'cross link' to the kids' site which has information and games suitable for children. Available from:

www.embracethefuture.org.au/resiliency/problem_solving.htm

Talaris Research Institute provides a very useful step by step process for helping children deal with emotions. Step 5 of the process provides information on problem solving and setting limits. Available from: www.talaris.org/spotlight_step5.htm

Parentline (Sydney) has produced an information sheet and template for parents and carers to help guide children through the steps of problem solving.

Available from: www.familyrelationships.org/sydney/content/File/probsolv.pdf

Peak Care is a Queensland organisation that aims to promote well-being of children, young people and families. www.peakcare.com.au/document/training/Teaching_Children_Choices.pdf

Books for Children

Children's problem solving series (2nd Edition). This series of 6 story books introduce various problems and require children to consider alternative solutions. Suitable for children aged 3 to 8. By E. Crary. Seattle, WA: Parenting Press Inc.

Kids can choose series. This series of story books introduces problem solving skills in a novel way – children are presented with a problem and required to make a choice – each choice leads to a different ending. Suitable for children aged 4 to 10. By E. Crary. (2001). Seattle, WA: Parenting Press Inc.

The decision is yours series. The books in this series present older children with common dilemmas, engaging readers in the decision making process by requiring them to choose between different alternatives. Suitable for children aged 7 to 11. By various authors including: K. Anderson, C. W. Bosh, E. Crary & T. Laik. Seattle, WA: Parenting Press.

Resources for use with Children

Headroom provides a range of information and activities on important mental health topics for children, adolescents, parents, carers and professionals. Information on problem solving for children is available from: www.headroom.net.au/cubby/prob_cubby_fr.html

Arthur is a PBS Kids' series that has a large range of activities that parents, carers and teaching staff can use with children to help them develop important skills. For games and activities relating to problem solving see: <http://pbskids.org/arthur/parentteachers/activities/creative.html?cat=creative>

<h2>Resources for school staff</h2>	<p>The KidsMatter Programs Guide provides information on school based social and emotional learning programs. Each program provides detailed teacher resources for use in the classroom. Many programs provide information for parents and carers as well.</p> <p>Social problem solving: Interventions in the schools. This book provides practical strategies and techniques for teaching students social problem solving skills. <i>By M. J. Elias, & S. E. Tobias. (1996). New York: The Guildford Press.</i></p> <p>CPS for kids: A resource for teaching creative problem-solving to children. This book includes activities that teaching staff can use with students to help them develop creative problem solving skills and generate solutions to real world problems. <i>By B. Stanish, & B. Eberle. (1996). Prufrock Press.</i></p> <p>Queensland's Education Department provides useful activities for teaching children decision making as part of their <i>Interpersonal Skills in Drug Education</i> program. Available from: http://education.qld.gov.au/health-safety/promotion/drug-education/docs/pd-part-d.pdf</p> <p>Teach-Nology is a US website that provides links to numerous classroom activities that teaching staff can use to help children develop decision making skills. www.teach-nology.com/teachers/lesson_plans/health/decisions/</p>
<h2>Articles</h2>	<p>Bond, R. (2002). Developing thinking skills for 5 to 8-year-olds. <i>Classroom Parent</i>, 2, (2). 6 – 7. This is a concise article that is aimed at parents and carers to provide ideas on how to help children to define problems, identify a range of solutions and choose the best one. Articles in <i>Classroom Parent</i> can be freely accessed through libraries that subscribe to the Australian Education Index database. They are also available to the public for purchase through EdResearchOnline: www.acer.edu.au/library/edresearch.html</p> <p>Butler, I., Robinson, M. & Scanlan, L. (2005). Children's involvement in family decision-making. <i>Joseph Rowntree Foundation</i>. Available from: www.jrf.org.uk/knowledge/findings/socialpolicy/pdf/0365.pdf This is a brief report based on an investigation of children's views about their involvement in family decision making.</p> <p>Kohn, A. (1993). Choices for children: Why and how to let students decide. <i>Phi Delta Kappan</i>. Available from: www.alfiekohn.org/teaching/cfc.htm This article provides a rationale for involving children in classroom decision making and strategies for involving students in the decision making process.</p> <p>RIC Publications (2006). 6 thinking hats. <i>Classroom</i>, 26 (3), 18 – 19. This article provides a brief introduction to Edward de Bono's thinking hats, which is one tool parents, carers and teaching staff can use to help children think creatively about problems and choices. Articles in <i>Classroom</i> magazine can be freely accessed through libraries that subscribe to the Australian Education Index database. They are also available to the public for purchase through EdResearchOnline: www.acer.edu.au/library/edresearch.html De Bono's book <i>Teach your child how to think</i> (2004; Penguin Press) is a useful source of more in depth information.</p>

This resource is part of the KidsMatter Primary initiative. The team at KidsMatter welcomes your feedback at www.kidsmatter.edu.au