



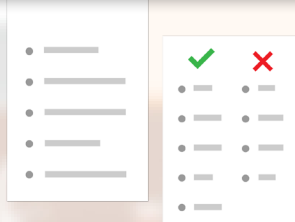
5 Steps to problem solving

- 2) Brainstorm solutions together
- 3) Identify pros and cons

4) Make a **specific** plan

5) Evaluate the plan in action

1) Define the problem



2

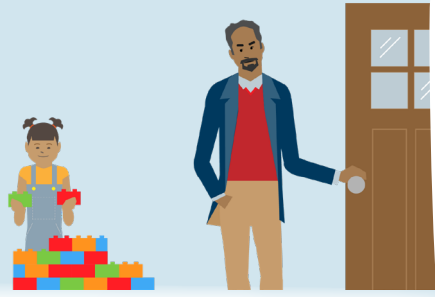
Kids with ADHD may focus on one aspect and ignore the bigger picture. It can be frustrating when other people see things differently.

Time can be one of those bigger pictures!



4

Expect to go back and revise a plan after you've tried it a few times.



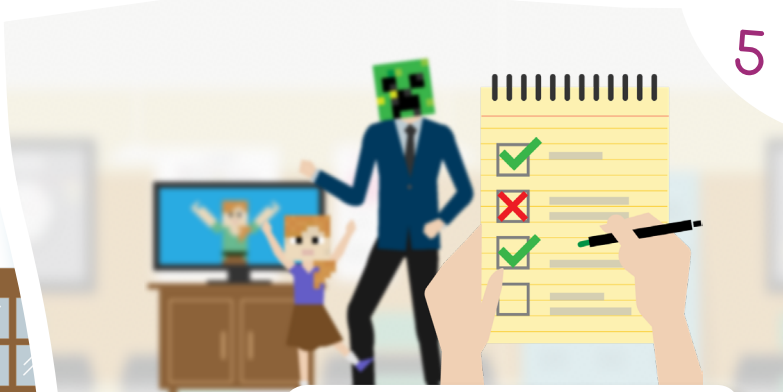
Even the best solutions need some fine tuning.

3

Problem solving needs to be SMART

- SPECIFIC
- MEASURABLE
- ACHIEVABLE
- REALISTIC
- TIME LIMITED

5



Remember to **evaluate** - it's the key to **fine tuning** solutions to make them **successful**.