

Problem Solving Video Transcript

Title Screen: Problem Solving, The Maryland EXCELS and Maryland State Department of Education logos.

This video is an animated presentation where the content on the slides is represented in the narration.

Narrator: Problem-solving helps children learn to manage their behavior, understand their emotions, and respond to challenges in healthy ways. Teaching skills like naming emotions and using calming strategies like deep breaths or counting gives children tools to cope. Each child is different, so what works for one may not work for another.

Naming emotions is an important part of problem-solving. The more words children have to describe their feelings, the better they can express themselves before emotions lead to behavior.

When children understand their own feelings, they're more likely to understand others too. This builds empathy and leads to more respectful choices.

Resources like The Center on the Social and Emotional Foundations for Early Learning (CSEFEL) offer helpful, research-based tools to support problem solving, coping, and healthy social-emotional development.

Think about it.

How does your program support children in identifying and naming their emotions throughout the day? Do children experience visuals, modeling, or language prompts to help them?

What individualized coping strategies are taught or encouraged?

How do adults respond when a child struggles to manage frustration or conflict? Are children guided through problem-solving steps, or is the focus more on correcting the behavior?

Please take advantage of this time to answer the questions. This will help you build an effective Positive Guidance Policy or strengthen the policy your program already has.