



## Problem Solving Skills



### Independent Travel Training Fact Sheet – Problem Solving Skills

This fact sheet provides some advice for parents/carers on how to develop your child/wards ability to solve problems, an important life skill for young people. You can help your them develop these skills by using problem solving skills at home in preparation for travelling independently to a new school or post 16 education establishment. Talk through the different elements and take time to practice whenever possible.

#### Think and Plan

Although we can never predict when problems might arise when young people are travelling independently, what we can do is think about the most common scenarios and plan for these providing a good foundation enabling them to develop further skills. Supporting them with how to problem solve themselves will improve their confidence, independence and decision making.

#### What's the problem?

- Identify the problem - "My bus has broken down".
- Think about why it's a problem – "I will be late for college".
- Evaluate the solution to the problem "Could I walk the rest of the way? Is there another bus? Who can I ask for support (Communication skills).

#### Putting actions into place

- Encourage them to choose and put into place the most appropriate action – "I've spoken to the driver and there is another bus due in 10 minutes".
- Encourage communication! – "I've let the college know I'm running late and messaged my parents/carer".
- Evaluate and discuss how their actions have worked – "some friends walked the rest of the way, I could have joined them but was nervous about not knowing the route".

#### Suggested Activities

Often the biggest barrier to effective problem solving for young people is anxiety. Worrying about what to do and who to ask if they need support. Discuss simple real-life problems related to travelling and create a mind map of solutions. Talk about what they might do and say using the steps above.

#### Further resources and useful links

Use these suggested links to help further improve your child/wards personal safety skills.

[www.verywellfamily.com](http://www.verywellfamily.com)

[www.tes.com](http://www.tes.com)