



**Returning to  
my Childminder,  
Nursery or  
School**

## **Problem Solving**

One thing coronavirus has shown us is that we all need to be able to solve problems, be flexible and adapt to change. We need to help our children to develop problem solving skills from an early age by offering them lots of chances to make decisions for themselves in a safe way. Your child's setting will provide lots of opportunities for children to develop these skills.

### **How you can help**

- Try not to do everything for your child. Offer them chances to make simple decisions, such as picking what to wear, which way to go on a walk, or which cereal to buy. You could start by letting them choose from 2 or 3 options.
- Some toys, such as blocks or playdough, offer lots of chances for your child to make decisions about how to play with them. However other items you might already have at home, such as empty cardboard boxes or scrap paper are just as good for children to build and make things with, using their imagination and problem solving skills.
- Offer challenges to your child - can they make a den in the lounge from a sheet and pegs? Can they make a house from a shoe box? Can they make a birthday card for Gran?