

What Is My Child Learning?

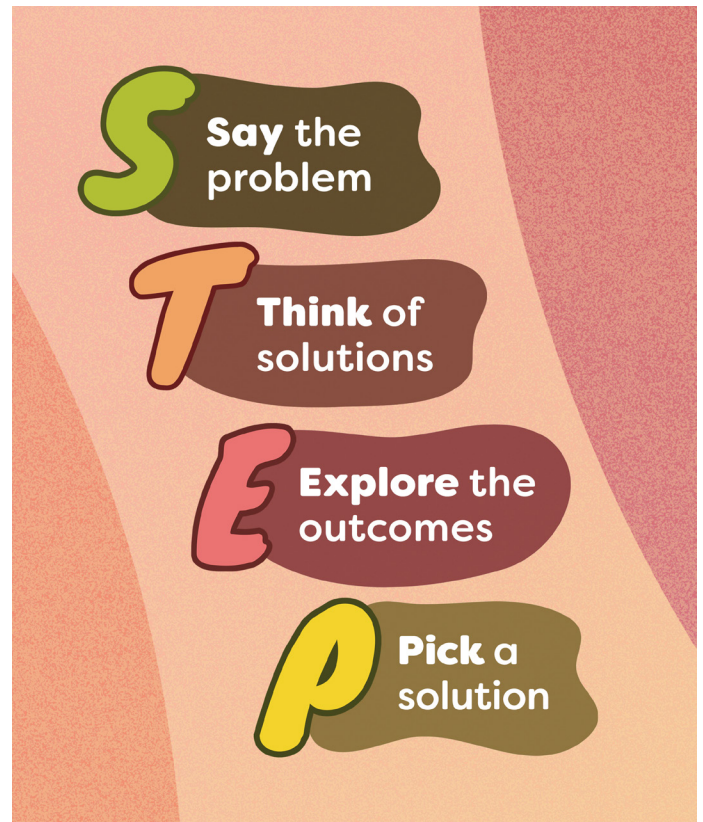
Unit Themes

Your child is learning a four-part process that can help them solve common interpersonal problems—disagreements between two or more people, such as disagreeing with a friend about how to play or work together. The process is called STEP (Say the problem, Think of solutions, Explore the outcomes, Pick a solution). Third graders practice thinking about what each person wants as a way to say the problem without blame and to help them think of different possible solutions. They also learn that finding a compromise, so that both sides get some of what they want, is one good way to pick a successful solution. Another way is to show kindness.

Why is it important?

Research shows that children who learn the skills in this unit are more likely to:

- ▲ **Have better mental health**
- ▲ **Make better decisions**
- ▲ **Resolve conflicts more effectively**



Practice at Home

What to Look For

Notice and praise your child when they resolve a conflict on their own—reaching an agreement with a friend on the rules of a game, for example, or letting a sibling have their way. You can say, **It’s nice to see you work things out without any help.**

Try This!

Discuss: Take turns describing a time when you reached a compromise with someone. Explain why the compromise worked for both of you. For example, **When I was growing up, my sister and I both wanted the top bunk in the bedroom we shared. We agreed on a compromise: for one week, I’d sleep there, and then we’d trade and she’d get it the next week. We both got what we wanted part of the time.**

Practice: Help your child practice exploring different possible solutions to an interpersonal problem. For example, you could say, **If you take turns, would you get what you want? Would your sister? Is there a way to solve the problem that shows kindness?**