

What Is My Child Learning?

Unit Themes

Your child is learning to use a multistep process to solve common interpersonal problems—disagreements between two or more people, such as what to do at recess or how to work together in class. Fourth graders practice each part of the STEP process by thinking about the point of view of everyone involved. They learn it’s important for each person to feel calm before trying to solve a problem. They also learn to speak up for what they want, listen to what the other person wants, and consider the pros and cons of different solutions to pick one that works for everyone.

Why is it important?

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

- **Have better mental health**
- **Make more positive choices**
- **Be more connected and compassionate**



Practice at Home

What to Look For

Notice and praise your child when they describe an interpersonal problem without blaming anyone. You may hear them say something like, “I really wanted Alana to do crafts with me. But she doesn’t like art projects as much as I do. I guess I can understand why she wanted us to watch a movie instead.” You can say, **That’s great that you can think about it from her point of view.**

Try This!

Discuss: Ask, **How do you know if you’ve found a good solution to a problem with a friend?**

Take turns responding. You may hear your child talk about solutions that take both people’s points of view into consideration and that are safe, respectful, and work for everyone.

Practice: Help your child practice thinking about pros and cons of different possible solutions to disagreements or problems. Ask, **If you choose that solution, what could go well for you? What could go wrong? How would it work out for your friend?**