Teaching students problem-solving steps from an early age can increase resiliency. Resiliency will allow students to work through solutions until they reach a successful outcome.

When students don't know how to address problems as they arise, they may feel overwhelmed or hopeless. Which causes harmful avoidance behaviors to develop to avoid feeling overwhelmed.

Problem-solving instruction should begin in the early grades to give students the opportunity to learn how to overcome challenges.

Children problem-solve every day, whether at home, at school, or in social situations.

Parents and Educators can help students grow more confident in identifying and solving problems by increasing their self-esteem.

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Parents and educators can provide students with tasks and activities that help them grow to their full potential. Experts agree this is more important than waiting for students to display their problem-solving abilities.

Resources:
- Morin, A. (2021, April 13). Teaching kids how to solve their own problems and make good decisions. Verywell Family.