The *Second Step* program addresses impulse control and problem solving.

- **Impulse control** means slowing down and thinking rather than doing the first thing that pops into your head.
- **Problem solving** is a strategy for dealing with problems we face with other people and as individuals.
- **Calming-down techniques** are taught to give your child the skills to compose his or herself so that a problem can be solved more effectively.

### Calming Yourself Down

1. Stop and think.
2. Ask yourself:
   - How does my body feel?
3. Try:
   - Talking to yourself
   - Taking 3 deep breaths
   - Counting backward slowly
   - Thinking calm thoughts

### How to Solve Problems?

1. What is the problem?
2. What are some solutions?
3. For each solution, ask yourself:
   - Is it safe?
   - How might people feel about it?
   - Is it fair?
   - Will it work?
4. Choose a solution?
5. Is it working?

You can help by practicing the steps for calming down and solving problems with your child at home. It is important to practice using such skills as apologizing, ignoring distractions, and dealing with peer pressure.
Children often feel helpless when they have a problem. The Second Step program teaches Problem Solving Steps to show children that there is something that they can do to solve problems. Here are three simple problem-solving steps we teach the children:

1. How do I feel?
2. What is the problem?
3. What can I do?

Children are learning how to recognize their feelings to let them know there is a problem. If there is a problem, children practice ways to calm down so they can think things through. Children are encouraged to talk about their problems without blaming others, and think of many different strategies in order to solve their problem. You can encourage your child to solve problem by:

- Coaching them through the steps when there is a problem
- Helping them talk about the problems they are having
- Encouraging them to think of lots of different solutions
- Give examples from your own life about how you have used the problem solving steps.

When your child is having problems at home, try using these steps to help him or her figure out what to do.