What parents can do to help:

- Playing with puzzles, lacing cards, matching objects and playing with play dough
- Playing hide and seek or hide a toy so your child can find it
- Teach your child simple coping techniques (take a deep breath, come back to the activity later, count to 10) when there is a problem that seems unsolvable
- When there is a problem brainstorm with your child the different ways this problem can be solved and then chose which solution is best for the situation
- Play cards, Pictionary or any board game, as they all involve problem solving skills