Problem Solving

When facing a problem, it can help to break it down into steps to think about what we can do to help ourselves, who else could help and how they can help. Sometimes people might not realise that their idea of being helpful might not be the most helpful to us. It can be useful to let other people know the best ways they can help us and what we need.

What Can I Do Myself?

Who Could Help?

How?

Problem Solving

What Can I Do Myself?

Who Could Help?

How?