It can be helpful to have a step-by-step way to solve problems. Think of a problem that puts your family in the yellow zone and use the following steps to help you solve it.

**STEP 1: State the problem**
- Identify only one problem, clearly stated in one sentence.

**STEP 2: Name the Goal**
- Be realistic and specific in a positively worded sentence. In other words, state exactly what behavior you want to see.

**STEP 3: All possible solutions**
- Make a list of all possible actions you could take even if some of them might not be the best solution. Generate as many options as possible.
- Think about strategies that you have used in the past and that you might want to add to the list.
- When problem solving as a family, encourage all family members to contribute to the list.

**STEP 4: Pick the best option and try it out**
- Evaluate the strength and weakness of each option. Reach a decision about which option to try.
- Try out the option you selected. Select another option if the first one does not achieve the intended goal.