


CPS for Parents

How to use Collaborative and Proactive Solutions (CPS) at home

Part 1

What is CPS?

A method for *proactively* addressing challenging behavior in children



Developed by Dr. Ross Greene, a child psychologist, and supported by research

How does CPS work?

- It emphasizes skill building and solving problems collaboratively with children
- Three main parts: Changing your lens, identifying lagging skills and unsolved problems, and the "Plan B" conversation

Changing your Lens

- Step one: Examining our beliefs about why children exhibit challenging behaviors
- Step two: If we notice we tend to use words like manipulative, lazy, disrespectful, attention-seeking, annoying, etc., we need to shift toward looking at lagging skills and unsolved problems
 - We see challenging behaviors when the expectations of a situation overwhelm the skills needed to manage that situation

"Children do well if they can."

-Dr. Ross Greene

<https://www.livesinthebalance.org/step-one-first-video>



"Being Responsive to the Hand You've Been Dealt"

Different children may need different approaches, even within the same family, in order to be successful

CPS allows children to be addressed as individuals, so they can get what they need.



Next Time
Identifying and talking about unsolved problems

