

Supporting Your Child's Emotional Growth: A Tip Sheet for Parents & Caregivers of a 3-Year-Old Child



Problem-
Solving

A Series By The Greatest 8™



Life at 3: Big Words, Big Feelings and Big Fun



Your 3-year-old is becoming more independent – and developing their own opinions! They want to do everything on their own, and in their own way! When things don't go as planned, big feelings – like frustration – can show up fast. Help them develop problem-solving skills to handle unexpected events and sudden emotions.



What does Problem Solving mean?

Since we cannot always be there to help our child resolve problems, we must take the time to teach them how to solve problems on their own. In doing so, our children become confident, independent, and successful individuals.



Everyday Moments

Focus Your Attention on Helping Your Child Cope with Difficulties

Why It Matters

Problem-solving means staying calm, exploring new ideas, and not giving up. As your child learns to manage big feelings like disappointment, they also start building critical-thinking skills they need to find solutions – skills they'll use and refine throughout their life!

What It Looks Like

Your child wants to build a tall block tower, but it keeps falling over. First, they try stacking quickly, then switching blocks, but it still tumbles. Frustrated, they start crying. You say, "You really want that tower to stay up – it's hard when it keeps falling!" Then you ask, "What else could you try?" Your child slows down, considers alternative strategies, and starts stacking carefully. The tower stands tall. Reinforce their effort and approach by saying things like "You kept trying and found a new way to build the tower – that's great problem-solving!"

What You Can Do – A Checklist for You!

- ☐ Help them investigate. Ask: "What's the problem?" to help them name the issue
- ☐ Talk through ideas together: "What could we try?"
- ☐ Let them try their own solutions – even if they don't work at first
- ☐ Stay calm and say, "It's okay to feel frustrated when things are hard"
- ☐ Take deep breaths together or offer a hug to help them calm down
- ☐ Celebrate effort: "You kept trying – that's how we solve problems!"

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Communication



Coping and Resilience



Understanding Feelings



Problem Solving



Self-perceived Confidence



Conflict Resolution



Balancing Emotions



Diversity Awareness and Respect

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