



Overcoming Obstacles

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"W" Questions for Defining Problems and Exploring Solutions

As you select questions that feel most helpful to you in your current situation, you might consider writing down responses or finding someone to help you think through them.

WHAT?

- ☐ What is the problem and what would I like to be different?
- ☐ What is going on for me (or my child or another family member) right now?
- ☐ What have I already been doing to make this situation better?
- ☐ What is making it difficult for me to do something different?
- ☐ What will happen if I do nothing or do nothing else?
- ☐ What resources or relationships can support me in this situation?
- ☐ What else do I need to know?
- ☐ What is my first best step to finding a solution?

WHEN?

- ☐ When did this challenge or problem start, and when do I need a solution?
- ☐ When do I usually experience this problem (time of day/month, type of interaction, etc.), OR when does it not occur?
- ☐ When this happened before, what did I do?
- ☐ When are times throughout the day that I might set aside worrying about this problem and practice self-care or focus on being present with my child?

WHERE?

- ☐ Where does this challenge or problem not happen, or when do I experience this challenge less intensely?
- ☐ Where do I feel safe or experience relief from this situation?
- ☐ Where can I go to reduce this stress?

WHO?

- ☐ Who do I need to talk to about resolving this problem?
- ☐ Who might support me as I'm going through this challenge/who supported me in the past?
- ☐ Who or what support do I need to manage my fears and anxieties about this problem?

HOW?

- ☐ How might I feel when I find a solution to this challenge (happy, joyful, thankful, relieved, etc.)?
- ☐ How might I acknowledge or celebrate my efforts while working through this challenge?
- ☐ How can I stay connected with my child and protect them from stress during this time?
- ☐ How might **The 4 Me's™** skill sets support me and my child as I work to resolve this problem?

WHAT IF?

- ☐ What if a friend came to me with this problem? What would I say or do to help them consider solutions?
- ☐ What if this situation was miraculously resolved tomorrow? What would be different, or what might I notice first?

Payoffs for me and my family:



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Worries Away Box

What my child/I liked best about this activity:

Other people who might have fun doing this activity with my child:

*I used **The 4 Me's™** when:*

How to Do This Activity:

1. You can complete this activity using any household or creative supplies you have on hand. As you follow the steps, remember to refer to **The 4 Me's** to practice the skill you're most interested in exploring with your child. For example, you might practice **Nurture Me** by describing their world and waiting for a response.
2. Create or invite your child to help you create and decorate a **Worries Away Box**. Then, write or draw worries or fears on a piece of paper to place inside the box. Once worries are in the box, close the box, set it aside, and decide on something you can enjoy doing together. For example, you might read a favorite book, go for a walk, dance to a favorite song, have a healthy snack, etc.

As you have fun together creating your **Worries Away Box** with your child, you **MIGHT**:

- » Write down worries or fears that you imagine your growing baby may have someday and think about ways you might support them,
- » Be present and enjoy back-and-forth interaction with your infant as you talk about and count different colors, pictures, and simple shapes used to decorate the box,
- » Encourage your toddler to tear slips of paper or use child-safe scissors to make slips of paper,
- » Explore your child's worries and fears as you encourage them to make marks, scribble, or write their worries on the slips of paper, sounding out letters and words for support as needed, or
- » Support your child to develop self-care routines to recognize, express, and find ways to ease their fears and worries.

