

# Problem-Solving

Pediatric cancer treatment can create new challenges. These include getting your child to take medications, finding time for household tasks, or feeling isolated and alone. Using the Bright IDEAS problem-solving method can help to identify challenges and create feasible solutions.

## Bright IDEAS Problem-Solving Steps:

- **Identify the problem:** Take time to determine what the exact challenge is, when/where it occurs, who is involved, and why it occurs. Next, take note of how you usually respond to the problem.
- **Define your options:** Create a list of all possible solutions that come to mind. Be creative and avoid judgement about the possible effectiveness at this stage in the problem-solving process.
- **Evaluate your options:** List the pros and cons of each possible solution. Select the top 3 solutions (more pros than cons OR less severe cons).
- **Act:** Chose one or more (some can be combined) top solutions and create an action plan. List specific steps of what you will do, how you may need to prepare, who else will be involved, and when you will do it.
- **See if it worked:** After performing your action plan, reflect on the outcome. Determine how satisfied you are with the result. If not satisfied, select an alternative solution to try. (Remember problem-solving can take a few attempts before the most helpful solution is found!)

