Using the STOP, THINK DO Traffic Light programme for Problem Solving and to help with Organisational skills

Children’s Therapy Services
Let’s Stop, Think, Do! for problem solving

STOP! Don’t rush Get yourself ready to

Think; Of a plan of action Say it out loud

DO! Go for it and try it out

Check Has the plan worked?

Stop Think Do and Check When faced with a task
1. STOP to help the child, not to rush into the task
2. THINK of a plan of action
3. DO the task
4. CHECK has the plan worked?
Ways to develop your child's organisational skills

Keep a family calendar. Introduce checklists
Whether it's as simple as "3 Things To Do Before Bed" or "What To Take To School," creating and referring to lists together will develop your child's ability to strategise tasks and organise their time.

Assign chores that involve sorting or Categorizing
Grocery shopping, emptying the dishwasher, sorting photos, cleaning out a cupboard and other tasks that involve pre-planning, making lists, or arranging things are great choices.

Get ready the night before
This one's always tough but it does work if you can get into the habit.

Establish a homework routine
Organize schoolwork - Make sure your child's keeping notes, homework, handouts etc. in separate folders or pockets in a binder.

Create a homework supply box
Fill a box with office supplies and encourage your child to store pens, erasers, paper, rulers etc. in it so they have what they need to hand.

Cook together
Cooking teaches measuring, following directions, sorting ingredients, and managing time - all key elements in organisation.

Cultivate an interest in collecting
Sorting and categorising.

A place for everything and everything in its place
Use containers and cupboard organisers. If there's a place for everything, he'll find it easier to find items, keep neat, and clean up. Build "pick up" time into the daily routine.
For further information about this service contact:

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If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.