

*using*  
**SODAS METHOD**  
*accomplishes two goals*

- It gives parents and child a process for solving problems and making decisions together.
- It helps parents teach their child how to solve a problem and make decisions on their own.



*three reasons why you should use*  
**SODAS METHOD  
WITH YOUR KIDS**

- **BETTER DECISIONS:** Because children frequently make decisions at the spur of the moment without thinking.
- **OPTIONS:** Because children tend to look at solutions to problems as black or white, all or nothing, yes or no.
- **LONG-TERM VIEW:** Because childrens tend to focus at the situation at hand and have difficulty seeing long-term consequences.

**SODAS**  
*worksheet*

**SITUATION:** \_\_\_\_\_

**OPTION 1**

**OPTION 2**

**OPTION 3**

*disadvantages*

1.

2.

3.

*disadvantages*

1.

2.

3.

*disadvantages*

1.

2.

3.

*advantages*

1.

2.

3.

*advantages*

1.

2.

3.

*advantages*

1.

2.

3.

**SOLUTION:** \_\_\_\_\_

**SODVS**  
*hoja de cálculo*

**SITUACIÓN:** \_\_\_\_\_

<b>OPCIONES 1</b>	<b>OPCIONES 2</b>	<b>OPCIONES 3</b>
<i>desventajas</i>	<i>desventajas</i>	<i>desventajas</i>
1.	1.	1.
2.	2.	2.
3.	3.	3.
<i>ventajas</i>	<i>ventajas</i>	<i>ventajas</i>
1.	1.	1.
2.	2.	2.
3.	3.	3.

**SOLUCIÓN:** \_\_\_\_\_