



PROBLEM SOLVING

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When you're looking after a child with Hunter syndrome, life can probably feel challenging at times. You can't always make problems go away. But sometimes you can help manage a problem or provide support. You can also improve a problem, so it becomes easier to live with. Addressing a problem in a step-by-step way can help you feel more in control.¹ The activity below supports you to do this.

This technique gives you steps to help you work through a situation and come up with a plan to manage it.

It involves:

- Understanding what the problem is
- Thinking of solutions
- Choosing a solution
- Putting it into action

Choose a difficult situation you would like to improve and work through the steps shown. If you feel stuck, it can help to talk through the steps with someone else. They might help you come up with ideas you haven't thought of. You could go through this activity with a nurse, a family member, or a friend.

The difficult situation:

Example: I have too many tasks to do in the house.

How it is affecting you right now:

Example: I feel that I am not good enough.

Visit [Huntersyndrome.info](https://huntersyndrome.info) to learn more

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This material has been developed in collaboration with MPS Europe by a team of psychologists based at Sprout Behaviour Change Ltd (London, UK). The techniques and methodologies used stem from Acceptance Commitment Therapy: a validated psychological approach used to address emotional, practical and stressful challenges that may be hard to overcome.



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Things that might help:

Example: Asking for help from family members.

Plans for putting these solutions into place:

Example: I will make a list of tasks and ask if my family could help me with any of them.

How the solutions worked:

Example: I asked if my partner could wash the dishes after dinner at the weekend and they said 'yes'. This meant I felt calmer and less tired.

References

- 1 Law, E., Fisher, E., Eccleston, C., & Palermo, T. M. (2019). Psychological interventions for parents of children and adolescents with chronic illness. *Cochrane Database of Systematic Reviews*, 3. Art. No.: CD009660. DOI: 10.1002/14651858.CD009660.pub4.

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