

Being able to make choices gives children some control over their day and helps them to feel good about themselves. When making choices children learn: how to think for themselves, how to make good decisions and it helps to decrease power struggles.

Keeping safety in mind, choices can be offered anywhere and anytime. If you are okay with the choices you give your child, then there are no wrong answers.

Just remember

- Be clear
- Give choices that are acceptable

How to share control by giving choices

Do you want to wear the red shirt or the blue shirt?

Do you want to brush your teeth before you get dressed or after you get dressed?

By giving your child choices you are teaching them to make decisions — a skill that they need throughout their life.

Sharing Control: to keep your child safe you need to have control of their environment



Controlling

- “You made the mess, you need to put it all away”
- No options, no choices, no support

Sharing Control

“These toys will need tidying now, which ones will you put away and which ones can I help you with?”

Giving options, giving choices, giving support

In this example; the focus is that the toys will be tidied up, by providing choices of how this can happen