

Mastering the Art of Offering Controlled Choices



WHY
is it important
to give children
the power to
make choices?

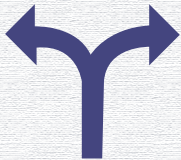


Choices allow
children to
partake in the
decision - making
process.



Thus increasing
engagement
and
decreasing
problem
behavior.

Choice Types:



This OR
That?



How to
do it?



How
many?



Who will
help?



What
color?



The **KEY** is to
offer a limited menu of
choices, all of which
you are ok with



Offering a choice
prevents negotiation
and will help avoid a
power struggle



AVOID:



Giving choices that
are not available.

Giving an empty
threat like canceling
a major holiday.

What does this sound like?



Would you
like to wear
your shoes
or boots
today?



Would you
like to walk
to the
car fast or
slow?



Would you
like 2 or 3
cookies for
dessert?



Would you
like mom or
dad to read
you a book?



Would you
like to wear
your red or
blue shirt
today?