



Mastering the Art of Offering Controlled Choices



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

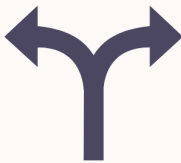


Choices allow
children to
partake in the
decision-
making
process.



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?