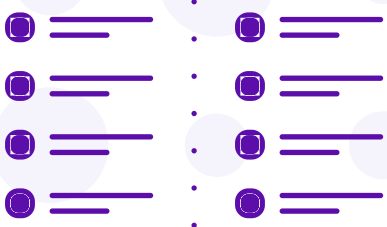


Tips for Giving Choices

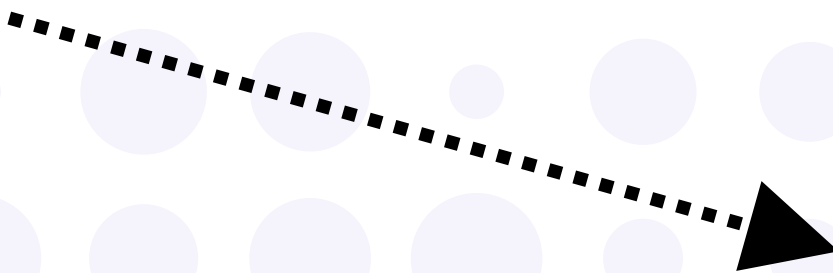
When parents give choices children learn to use their power in good ways, are less likely to fight or rebel, and learn how to make good decisions. Choices help your child grow and think. When you give choices, you teach your child to think. Children will say "no" a lot if you do not give them a chance to think and make choices. However, you need to decide what choices to give your child. Give choices that are safe, healthy, and right for your child.



Give only two choices at a time.

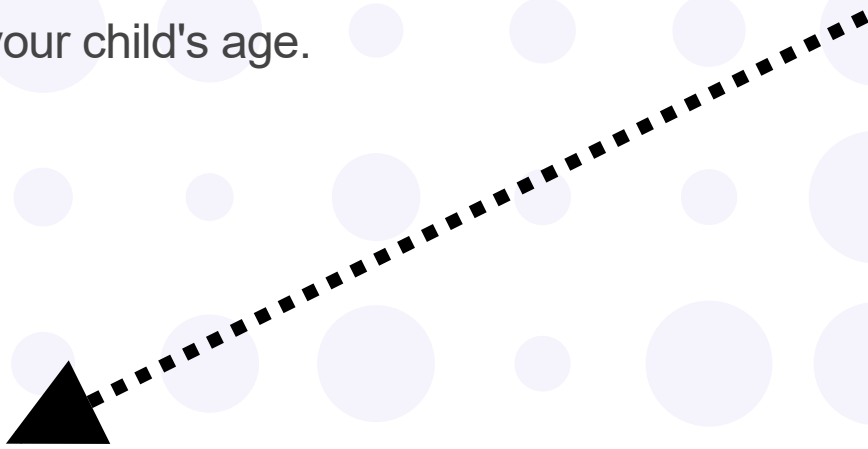


Young children are not ready for many choices. For example, ask, "Would you like corn flakes or oatmeal this morning?" Do not ask, "What do you want for breakfast?"



The choices should be OK with you.

Do not give a choice of oatmeal or pancakes if you do not want to make pancakes. Also, give choices that are safe and healthy for your child's age.



Do not make everything a choice.

Making decisions is hard work for children. If you give your child a lot of choices, it may be too much for them. Sometimes they just want you to tell them what you want them to do.