



# Positive Discipline

## The Power of Choice

Children spend much of their day being told what to do. So when possible, giving your children choices is a great way to give your children more of a sense of control over what happens. Giving choices also teaches kids good decision-making skills, while learning self-discipline.

### When giving choices:

- Use humor to gain cooperation. A bit of silliness can often take away the tension and get your child to cooperate.
- Avoid letting your emotions take control. Don't yell, threaten, criticize, or ridicule.

### Give choices based on your child's age and your intent:

- A toddler can handle two choices.
- A grade-schooler can handle three or four.

### For example:

**A simple choice for a toddler** - Would you like milk or water? Do you want to wear your green pajamas or your yellow pajamas? Do you want to run to bed or hop like a bunny?

**Grade-schoolers** - Do you want to wear your coat, carry it, or put on a sweater? Would you prefer to walk the dog before or after dinner?

By offering smaller choices when they are young, kids can grow into making more important decisions as they get older.

For more information, visit: <http://bit.ly/1hgCnzc>

Source: "Kid Cooperation: How to stop Yelling, Nagging, and Pleading and let kids to Cooperate", by Elizabeth