

Bridge to Better Behavior

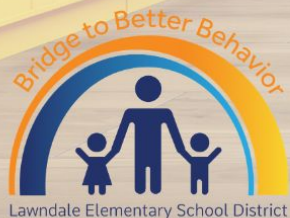


Lawndale Elementary School District

Providing Choices

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From Mark Twain ES



What are the benefits of providing choices to my student?

Providing young children opportunities to use their voices, make decisions, develop ownership, and solve problems are great ways to bond with them too.

Giving kids a say also:

- builds respect
- strengthens community
- invites cooperation
- develops problem-solving skills
- capitalizes on kids' normal human need for power and control



Psychology Today, Erin Leyba 2016

When do I provide choices?

Guidelines

1. Do not overwhelm them
2. Ask them to help you fix problems
3. Thank and reinforce



Psychology Today, Erin Leyba 2016

How do I provide choices?

Action Steps

1. Take a deep breath. Think about what you want the child to do
2. Make a conscious decision
3. Acknowledge their feelings
4. Tell your child that he or she has a choice
5. State the two options calmly
6. Ask the child to commit to his or her decision
7. Repeat your child's choice

Let's practice!

Scenarios

1. You want your child to turn off the television, because it is time take a bath before dinner. He/she begins to scream and cry. Provide them with choices. *Take a bath before or after dinner*
2. Your child refuses to leave the supermarket because he/she wants a candy bar. He/She is making a scene. Provide them with choices. *Push the cart or sit in the cart*
3. Your child is overwhelmed with distance learning and is refusing to complete work on Google Classroom/SeeSaw. Provide them with choices *Take 5 minute break or complete work NOW then do fun activity*



Resources

Action Steps

Podcast

- [Parenting Beyond Discipline](#)

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