

OFFERING CHOICES TO EMPOWER

*This worksheet was inspired by How to Talk So Kids Will Listen and Listen So Kids Will Talk by Adele Faber and Elaine Mazlish.

Children feel more engaged and willing to listen when they feel they have some control. Offering choices empowers them and reduces resistance.

Example

Initial response: "I told you to clean up your toys right now. Why aren't you listening?"

Revised response: "You can choose to put away your toys now and have extra playtime after dinner, or I can help you put them away, and we'll start bedtime early. Which would you prefer?"

Practice

- 1 Describe a recent situation in which your child resisted your instructions.

- 2 Write down your initial response to their resistance.

- 3 Rewrite your response to offering your child two (2) choices in that scenario.