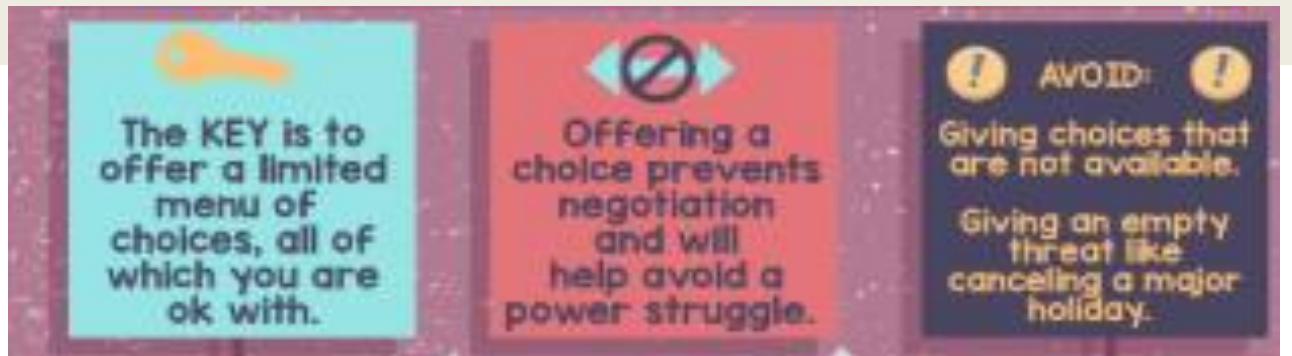# WEEKLY BEHAVIOR TIPS

"AVOID POWER STRUGGLES, OFFER CHOICES."

Power struggles are never fun!

Remember: the idea is to try to prevent the problem behavior by giving your child what they need proactively, a little guidance on what is okay to do at that time, followed by the freedom to choose one of the acceptable things allotted.

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.

Informational corner:

Offering choices is an easy way to prevent problem behavior and unwanted power struggles. Instead of constantly saying "no, stop, please stop, and stop now!" Offering choices will limit the back and forth between you and your child. Give choices between appropriate responses or activities. Think about what you want your child to do instead of the problem behavior then tell them a better way to achieve it.

Using visuals to offer a variety of things allows children to see what you mean with clarity.

Here are some tips for offering choices:

- **Start simple**. If your child is having difficulty making decisions, it may be that there are too many options.
- **Agree**. Make sure you agree with all the choices you present to your child.
- **Be positive**. Present available options in a positive manner. Be careful not to turn the choices turn into a threat.
- **Be clear**. Make sure the choices you offer are clear and specific.
- **Be prepared**! If child does not choose one of the choices, be willing to make the choice for them.
- **Be consistent**!

ALL CHOICES COUNT! NO CHOICE IS TOO SMALL…

Children can also be offered options about when or in which order they prefer to do activities. This is particularly helpful when there is no option about what to do, but there is a choice about when to do it. For example, children may choose whether they would like to play outdoors before or after rest time.

Choices empower parents and kids!

Doesn't matter which fruit as long as he has a fruit!

RESOURCES

HTTPS://WWW.PARENTCENTERHUB.ORG/PBS-RESOURCES/

http://www.earlychildhoodnews.com/earlychildhood/article_view.aspx?ArticleID=691