

# GIVING CHOICES AND CONSEQUENCES

\_\_\_\_\_ you have a choice.

You can \_\_\_\_\_

or you can \_\_\_\_\_

If you choose \_\_\_\_\_

then \_\_\_\_\_

If you choose \_\_\_\_\_

then \_\_\_\_\_

*It's up to you – it's your choice.*

## STEPS FOR GIVING CHOICES AND CONSEQUENCES

1. Be clear and specific about the positive choice and the negative choice, and the positive and negative consequences.
2. Relate the consequences to the behaviour
3. Choose consequences that are meaningful to the individual child
4. Don't use threats (or a threatening manner) or ultimatums
5. Don't give a choice when there isn't one
6. Choose a consequence you will be able to keep to
7. Don't demand an instant answer: give the child a few moments to reflect.

When using **Choices and Consequences**, the adult is managing the outcomes while the child's choice of behaviour is made clear. The strategy is more effective than shouting, nagging, criticising, etc.

Coercion teaches children obedience or rebelliousness, but renders them powerless and giving in leads to confusion. **Using choices gives children the opportunity to learn about taking responsibility for their behaviour, and to feel the pleasure of co-operation.**

**If children have typically developing language skills they can probably cope with 'choices and consequences' some time in their third or fourth year of life**

