



MASTERING CHOICES

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Choices are for negotiable things only. Non-negotiables do not have choice options but can be included in a choice offered.

Examples of choices to give your child for common issues:

TRANSITIONING YOUR CHILD:

A time choice works best when transitioning a child from one activity to another. This choice is applicable in so many situations like getting your child to start getting ready for bed. Time choice to end what they are doing and then head up to start their bedtime routine.

Two Examples:

1. It's time to leave the park and head home.
2. It's time to turn off your tablet and come to dinner.

Choice #1 looks like this>>>

YOU: I see you're playing, but we have to leave soon. Would you like two or four more minutes to play before we leave to go home.

CHILD: 4 minutes

YOU: Ok, I will set a time for 4 minutes and then when it goes off, what will you do?

CHILD: Stop playing and leave to go home. (verbal confirmation)

YOU: Good, I'm setting the timer now.

REMEMBER for ALL CHOICES:

The verbal confirmation is a must!

The timer must be loud enough and close enough to be heard by the child, so that they take responsibility of what they agreed to do and follow through.

Choice #2 looks like this>>>

YOU: I see you're watching something, but we must eat dinner. Would you like four or six more minutes to finish watching before you come to the table?

CHILD: 6 minutes

YOU: Ok, I will set a time for 6 minutes and then when it goes off, what will you do?

CHILD: Stop watching & come to dinner. (verbal confirmation)

YOU: Good, I'm setting the timer now.

But what if your child says, "I want 10 minutes more not 6."

Then, your only response is: "I'm sorry, but the choice is 4 or 6, you choose, or I'll choose.

(At this point your child will usually choose as they believe you will choose the lesser of the two choices).

GETTING YOUR CHILD TO DO A NON-NEGOTIABLE THAT THEY DON'T WANT TO DO, BUT HAVE TO DO, BY USING CHOICE.

Your child doesn't want to take a bath and you need them to take one.

If they're playing before... you should first offer the TRANSITION TIME CHOICE above. If they are still fighting you, offer this choice.

YOU: Honey, you can take a bath and we can play a game together after or you can take a bath and go right to bed. What do you want to do?

CHILD: I'll take a bath and play after.

YOU: OK, pick out a game for us to play and let's go take your bath.

Please notice that these choices always include the non-negotiable, and your child must agree to do the non-negotiable thing, in order to complete the choice that they are agreeing to.

The choice is bed or play... the non-negotiable part is after the bath.

Brushing Teeth before they leave for something fun that want to do, like a party.

Honey you can brush your teeth and we can go to the party after or

You can brush your teeth and stay home. Which would you like to do?

Brush my teeth and go to the party. Even if they choose to stay home, they still have to brush their teeth.

If there is still resistance and arguments, then a consequence results.

For example, turning off their tablet and coming to dinner or getting ready for bed.

If you give them the time choice and they don't end watching their tablet when the timer goes off...

1. First say, did you hear the timer? If they say yes, then ask them to turn it off as agreed. If they turn it off, take the tablet and turn it off yourself.
2. If they don't hear the timer, let them know it went off and give them the opportunity to turn it off themselves, if they don't, take the tablet and you end it.

Consequences must be implemented after the first time you ask (no more than asking them twice). If they don't do what they agreed to, the consequence results. Same consequence for every time that situation occurs.