



太和觀 THK

My way or Your way

Why

Developmental milestone:
Want to be independent

Making decisions:

Their opinions matter =
Builds self-esteem



Confident in abilities

Have sense of control =
Increase in engagement & participation

How

1. Prepare

"We are going to eat after playtime."

2. Controlled choices

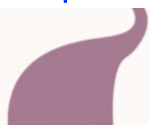
"Do you want to drink juice or milo?"

<https://www.btbores.org/Downloads/Offering-Controlled-Choices.pdf>



This OR That?

Would you like to wear your shoes or boots today?



How to do it?

Would you like to walk to the car fast or slow?



How many?

Would you like 2 or 3 cookies for dessert?



Who will help?

Would you like mom or dad to read you a book?



What color?

Would you like to wear your red or blue shirt today?



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.



What if it doesn't work?

Stop and take a breather. As the role model, we must always lend our calm. It is not about winning the battle but teaching them on how to cope.

3. Validate

"I know you want play some more. You are angry because you don't want to keep. It's okay to be angry. I'm here with you."

4. Look ahead

"During dinner, we eat together. You can play again tomorrow. Would you like to read your favourite book or play playdoh after dinner? Okay. Eat then read caterpillar book. Let's eat."

OR Redirect

"Oh the caterpillar is hungry. Let's count and feed the caterpillar!"