

Greetings!

Welcome back to the school year. One of the biggest challenges I hear from parents is helping children to get moving in the morning. Getting children off with as little hassle as possible is the goal. Routine, of course, is a huge part of success of getting children to be ready on time. However, giving choices can also play a big part in lessening the resistance level and gaining the cooperation needed to get out the door. This month we will focus on choice at the different developmental levels.

Also see the bottom of this newsletter for a coupon for 10% off the upcoming book study. Register today, space is limited.

I am sending off this correction because the web site link was incorrect. I apologize for any inconvenience.

Pre-schoolers and Choice

Pre-school age children's favorite word is "no", it is part of their natural development in defining who they are and how they are different from you. One way to by-pass the constant "no"s is to offer two predetermined choices. For example: "Do you want to put on the red pants or put on the blue pants?" "Do you want to eat cereal or a pop tart?"

General questions like, "what do you want for breakfast" can be to overwhelming. However, allowing them two choices helps them to feel secure yet empowered.

It is important to realize that choices have their place and children this young should not be given choices over daily routines. For example supper time is determined by the adults in the family, as is what time the television is turned of and stories are read in preparation for bedtime.

Give young children choices when you are able to, this will increase their self-esteem, self-confidence and help them to be more compliant when there is no choice.

School Age Children and Choice

As children mature their ability to make choices does as well. As the child matures we should encourage them to think through what choices may be available. For example a third grader who does not like what is being served at school for lunch should be encouraged to think of his options and decide for himself. This builds problem solving abilities while the stakes are low. It also builds self-esteem and confidence.

School age children can begin to have some choices in how their daily routine is laid out, but only within pre-determined boundaries. The bedtime routine for example can be more flexible, but the bedtime is still the adults

Upcoming Event for Parents

Easy to Love, Difficult to Discipline by Dr. Becky Bailey
Book Study (Part 1)

This amazing book will be studied chapter by chapter and will provide parents with support, insight and strategies to empower them as a parent. We will cover a chapter a week and be able to finish about half the book.

Where: Starting Point Day Care on Cardinal in Howard

When: Wednesdays, 6:30-7:30 PM September 16-October 21

Cost: \$45.00 for a single
\$70.00 for a couple (come with a friend)

Register by mail by completing the [registration form](#) and sending it with your check to:

Parent Team
1131 Beechwood Dr.
Green Bay, WI 54313

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decision.

If your child appears overwhelmed by the amount of choices or becomes unable to choose, back off and simplify choices for them again until they are ready.

Teenagers and choice

Teenagers still need limits on their behavior and choices, however as they get older it is important that parents respect their teens ability to make a wider spectrum of choices. Barbara Coloroso would say "if it is not life threatening or morally threatening then let them choose." She gives examples such as hair styles and clothing. These are low risk choices that may not make parents happy, but it provides the teen with the sense of individuation that they need at this point without the dangers of others choices they could make.

Still there are matters that they do not have a choice such as helping the family through completing chores. It is important that they remain part of the family through helping out. They may grumble and moan through out doing the chore, but truly it gives the the sense that they still belong and are needed within the family.

The main focus of Parent Team LLC is parent coaching. I am passionate about empowering parents with quality information through individual coaching or group book studies. Parent coaching individual sessions work in your home with just the parents or parents and children. I offer a free half hour consultation. More information and pricing are available at www.parentteamgb.com.

I wish you and your children a productive and happy school year!

Sincerely,

Ruth Fett
Parent Team LLC