

Conscious Discipline

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The Steps in Delivering Two Positive Choices

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In order to deliver two positive choices to children on a regular basis, you need two things:

1. You must think in positive terms about what you want your child to do. Draw on the Power of Attention. What you focus on, you get more of.
2. You must give your child a true choice. Utilize the Power of Free Will, recognizing that people choose how they will behave. Offer two positive options, either of which is acceptable to you.

Here are the following steps to deliver positive choices.

1. Breathe and make a conscious decision about what you want your child to do.
2. Tell your child, "You have a choice" in an upbeat tone.
3. State the two choices. "You may _____ or you may _____."
4. Ask for a commitment. "What is your choice?" Repeat the choices if the child refuses. Do so in a calm and assertive manner.
5. Notice your child's choice. "You chose _____."

What I find challenging at times is coming up with the two positive choices after a child has refused to do a direction. Here are some thoughts.

Child refuses to put coat on- "You may put it on by yourself or ask for help." "You may put your coat on first or hat."

Child refuses to wash hands- "You may wash you hands with one pump of soap or two pumps of soap."

Child refuses to put a toy away- "You may put the toy in this box or in that box."

There are many options to think of in these situations. Be creative! Sometimes you think of the best solution after the fact, but then you can have it ready for the next time.