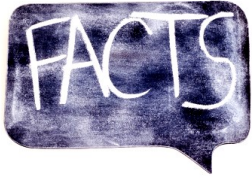




AIM: GOOD CHOICES

OUR TARGET: We're focusing on helping our kids learn what a good decision is and how to always make those good choices. Since nobody is perfect, we also want to look at how to help our kids take responsibility for their actions and do the right thing even after they make a mistake.



At the end of a long day, your brain is tired and not as ready to make good decisions. "Sleep on it," is actually great advice when you're faced with a big decision.

Don't make decisions on an empty stomach. Our brains work better when our blood-sugar levels are in good shape.

It takes the same mental energy to fight off bad decisions as it does to make good decisions.

Targeting More Meaningful Parental Involvement

Leaps Correlations:
How to Make Good Decisions | When I Make a Mistake | I am Responsible for Me
For Beginners



TEAM UP! Try these simple tips to help your child want to talk.

Grab an egg or a spoonful of mayo from the kitchen and go to where your child is in the house. Show them what you have, and ask them if they think it would be a good idea if you decided to drop that on the floor. They should say "No" so ask them *why* it would not be a good idea. Tell your child that it would not be a good idea because of the mess it would make and how much work it would take to clean up after the mess that you decided to make. Now that you have their attention, it's time to talk to your child about how to look ahead to see what will happen before making choices.

TALKING TIPS to help you sit down and start the conversation...

MAKING MISTAKES: Everyone, especially our children, will make mistakes. Our kids need us to make good decisions in the ways that we react to their mistakes. If we let ourselves yell at our kids and get angry they will think they should be angry at themselves any time they make a poor decision.

MAKING DECISIONS: The key to making a decision is being able to think ahead about what will happen because of your choices. Talk to your kids about consequences, or the outcomes of all decisions we make, and let them know that being able to predict consequences is one of the most important parts of growing up.

BEING RESPONSIBLE: If your kids are complaining about not being trusted to do things outside of the house, give them chores to do regularly to prove they are responsible. If they choose to ignore their chores, let your kids know that their decision to do so lets you know that they are not too worried about proving their ability to be responsible. Being responsible means that we respond to things that need our attention without being told. When we're responsible, we *know* it's our job to handle certain things and this means we are making good choices.

AIM: GOOD CHOICES



DECISION TIME: CHOOSE with your child to work hard to make the right decision every time. Agree that mistakes will happen but also agree that you will both take responsibility for those mistakes and try to make it right. If you made a mistake and hurt someone, apologize. If you made a mistake and lied, apologize. Let your child know that just apologizing alone does not earn back trust. Only making good choices after apologizing will earn the trust of someone that you've hurt.

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Stay On Target

Tips to help keep your child's new skills in action at home and school.

- Read all the notes coming home from your child's teacher. If your child is having trouble they are making some poor decisions. Talk to your child about the choices that are getting them in trouble.
- Own up to and apologize for your own mistakes in front of your children. Don't allow any disrespect from your kids, but let them know you expect everyone in the house to be responsible for their own actions and act maturely after making mistakes.

GIVE IT A TRY! A chance to practice the target skills together at home:



A-MAZE-ing Choices!

Just like the maze below, we are all surrounded by good and bad choices. Look at the maze below with your child and ALL the different ways you can go. Look at ALL the turns and dead ends you can find and that one opening that's gets you in the right direction. As you and your child are working through the maze, tell your child:

- Each turn in the maze is like all the choices you can make, good and bad.
- As you and your child move through the maze, look ahead to what that choice would mean for you after you make it.
- There are a lot of wrong ways you can go and a lot of wrong decisions that you can make.
- If you stop and think, the chances of you finding the right way and the right decision are a lot better.
- After you finish the maze, go back to places you could have turned the wrong way. Then, find a bad decision in the cloud of blue words around the maze.
- Talk about *WHY* that is a bad decision, and *WHAT* would happen if your child had really made that decision at school.

