



The Choice Principle

Diminish power struggles and help children feel that they have a say about what happens in their life by incorporating this principle.

Choice Principle Guidelines

- Choices should have equal weight. Choices should be **positive** and **acceptable**.
- Never give choices in the form of a **punishment**.
- Use direct phrases instead of ending your option/choice with the words “**please**” or “**ok?**”

Choice Principle Phrases

Here are examples of choice principle phrases to use when you want children to do the following:

Wash their hands

- Would you like to squirt the soap by yourself or would you like me to help you squirt the soap?

Use the bathroom

- Would you like me to go in the bathroom with you or would you like to go in by yourself?
- It is time to go to the bathroom. Would you rather hop like a bunny to the bathroom or tiptoe like a mouse?

Perform a task

- It is time for lunch. Would you like to help set the table for lunch or clean up the table after lunch?

Choose an item

- Would you like the blue marker or the red marker?

Participate in clean up

- It is time to clean up. Would you rather pick up the blocks or the dress-up clothes?
- It is time to clean up. Would you like to bring me the blocks and I put them on the shelf or would you like to do it by yourself?

Walk with you

- We are going for a walk to the park. Do you want to hold my right hand or my left hand?
- We are going to walk down the hall to the bathroom. Would you rather hold my hand or walk by yourself?

Get ready to go

- It is time to go home. Do you want to put on your shoes or your coat first?