

# Give your child practice making decisions

The best way to learn how to make good decisions is by making lots of them. So give your child as many opportunities as you can to make choices.

Young children can decide which healthy items to pack in their lunch, for example. Older children can make decisions about more significant things.

Of course, you must still set the boundaries. Your child can decide whether to do her science or her social studies homework first, but she can't decide to watch TV before she starts her homework.

Gradually give your child more freedom to make decisions. Keep in mind that children don't always connect outcomes with the choices they have made, so help your child think about the consequences of her decisions.

If she makes a poor decision, sit down and talk about what worked and what didn't. Ask, "What would you do differently next time?" The next time she has to make a decision, she will be able to draw on what she learned.

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