

This booklet is part of a range of publications offered to parents to support them. Please do not hesitate to talk to a member of staff if you would like further guidance or support.



**Booklets in this range:**

1. Tips on good listening.
2. How to give children more confidence.
3. Helping children to get on with each other.
4. Tips to remember when you need to make a stand.
5. Tips to try when you are asking your child to do something.
6. How to deal with difficult situations.
7. Tips on dealing with anger.
8. Tips on dealing with dishonesty.
9. Tips on dealing with tantrums.
10. How to help children make better choices



## Parent Survival Guides

No. 10

How to help  
children make better choices



Loving, learning, growing together with Jesus

1 Make a list of what you want your children to do.  
 Say please and thank you  
 Wash your teeth  
 Put your washing in the basket  
 Be quiet in the morning



Turn all the "Don'ts" into statements about what you want them to do, eg, instead of "Don't run off and leave your dinner" - try "Sit at the table"

2 Choose one easy target to start with.



Get dressed before you put the TV on

3 Make a list of rewards

Think of a number of treats they would like and you can easily afford.

- Trip to the park
- A game of cards with Mum
- Football with Dad
- A friend round for tea
- 30 minutes extra TV

4 You can use a sticker chart to build up to earning bigger rewards

- 1 sticker = a chocolate biscuit
- 2 stickers = 50p to spend
- 5 stickers = a trip to the cinema



5 With little ones, try "The Magic Box"

If you stay in your own bed tonight, then in the morning you will find a surprise in this exciting magic box

Make treats small. Praise success a lot. If your child fails say "never mind", we'll have another go tomorrow.

6 With older ones try a daily "Pocket Money Chart".

Day	Be kind to your brother	Flush toilet after use	Be in bed for 8pm	10p bonus for all 5ps	Total
Mon	3p	2p	5p		10p
Tues	5p	5p	5p	10p	25p

In the example above, the child earns up to 5p a target to earn regular pocket money. Up to 5 targets can be tackled at once with a bonus for a maximum score