

Offer your child a couple of options in a decision that is coming soon, such as tomorrow's clothes.

Your child will practice considering his options before making a decision.



Why this is important

Your child will feel more independent when you provide a series of experiences that offer him a choice, such as choosing his own clothes and dressing himself. He can be more independent and successful in many activities if you help him to think and plan ahead before they happen. He will use planning skills later in life while, for example, preparing meals, taking a test, and spending money.

What you do

- Talk with your child before bedtime about an event happening the next day.
- Invite him to choose clothing that will be suitable. Help him lay out the clothes so he can put them on by himself in the morning.
- Guide him to see what options are reasonable so you will not have to veto his choices: *If you're going on a walk around the neighborhood, will you want to wear your comfortable shoes?*
- Think with him about alternatives in case of rain or changed weather. Lay out his raincoat and let him decide in the morning if he needs it.
- Make fewer decisions for him as he progresses toward independently choosing and dressing himself.

Another idea

Use this method for other activities that require planning, such as preparing a snack, selecting a book to read tomorrow, or making a gift for someone.