FamilyRhythm

Making Room for a Real Choice

Offer options you can accept. State real limits before the child decides.

Who decides?	Example
Child chooses within standing family rules	Choose clothes that fit the weather and occasion.
Child chooses within a specific limit	Choose one activity that fits the 45 minutes available.
Adult decides, with explanation	Set the departure time needed for an appointment.

The decision we will practice

The actual limit, if one applies

Two options I can accept

Information the child needs before choosing

The choice made and the options left afterward

Afterward: did the decision really belong to the child? Answer questions and offer requested help. Let an acceptable preference stand.