

HOW TO
Teach
decision-making
To Your Child



A *Earth School* workbook

GET READY

- Have a notebook or a print out of the workbook
- Have 15 minutes
- Find yourself a quiet spot

THIS WORKBOOK IS FOR YOU IF YOU WANT...

- your children to be able to make decisions
- to earn back time and energy
- to improve an essential life skill



DECISION-MAKING

I don't know for you, but I can be undecided sometimes. Out of fear to make the wrong decision, or because of the uncertainty of what might happen. Though, making a wrong decision is by far better than not making one.



Action Step



GET CLEAR ON SUPERFICIAL VS DEEP DECISIONS

Not all decisions are on the same level. But they all are important.

START TO LEAVE ROOM FOR YOUR CHILD



To learn how to do something, one must practice. See where you want to start and what can work for your family.



TAKE IT TO THE NEXT LEVEL

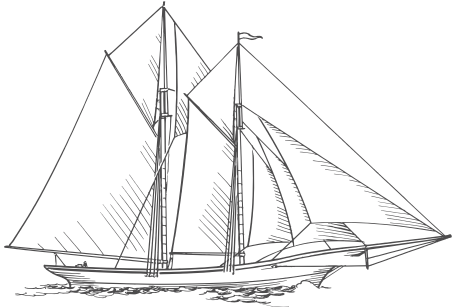
Get rid of any limiting beliefs that could keep your child from making his own decisions and become a more autonomous being.

MOST OF WHAT YOU ARE TODAY DEPENDS ON
THE DECISIONS YOU MADE. MAKE SURE YOUR
CHILD GETS GOOD AT IT TOO!



GET CLEAR ON SUPERFICIAL VS DEEP DECISIONS

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SUPERFICIAL DECISIONS

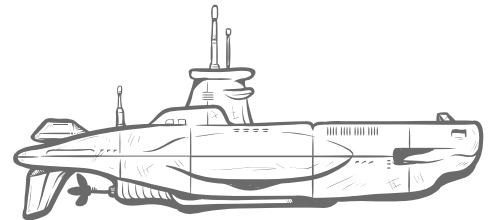
We make many decisions every day. Those superficial decisions don't have long term consequences. If you decide not to take an umbrella and it rains, you might get a cold for a few days but that's it.

Daily decisions such as the clothes we wear, the amount of food we eat, how we spend our free time, when we do our chores, what game to play are a great place to learn decision making as the consequences are light.



DEEP DECISIONS

Some decisions have a greater impact on our lives. You can think of some I am sure (getting married, moving to another country, having children,...). Those decisions have a lasting effect and can bear heavy consequences.



It is harder for parents to let their children take those decisions. For many reasons (children might have a different opinion, family values, fears,...) the number one being that we think we know better. But do we?



START TO LEAVE ROOM TO YOUR CHILD

To learn how to do something, one must practice. See where you want to start and what can work for your family.

Observation Time

In a notebook, during 3 days, write down all the decisions that are made in your family, and write down who was concerned and who took the decision.

DECISIONS MADE	WHO TOOK IT	FOR WHOM
Drinking apple juice for breakfast	Mom	All the kids
Starting school with English	Mom	Cassie
Reading during break	Liam	Liam
Going for a walk	Mom	Mom
Taking a shower before dinner	Cassie	Cassie
Wearing a coat	Mom	Cassie




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To learn how to do something, one must practice. See where you want to start and what can work for your family.

Analyzing Time

Go over your observations. What can you see? Is there something out of balance? Who's taking most decisions? For whom? And most importantly: could the person for whom the decision was made have taken that decision?

DECISIONS MADE	WHO TOOK IT	FOR WHOM
Drinking apple juice for breakfast	Mom	All the kids
Starting school with English	Mom	Cassie
Wearing a coat	Mom	Cassie



It might only be apple juice yet it is still a choice (the alternative being water e.g. Feeling considered is a keystone to self-esteem.

If you have a multi-grade homeschool family, maybe it's English first. Homeschool boundaries. When you establish those boundaries with your children, they become part of the decision.

Your child might get cold, or get a cold. But it is part of learning autonomy to make decisions and take responsibility for them.





TAKE IT TO THE NEXT LEVEL

Get ride of any limiting beliefs that could keep your child from making his own decisions and become a more autonomous being.



I know better

Yes, you have more experience and knowledge than your children. But let's not forget humility and respect. Children are smart and capable. And the sooner they get to make experiences on their own, the sooner they will be knowledgeable.

I have a responsibility as a parent

Yes, you are responsible for your children. And because you know them better than anyone, you know what they are capable of. Use your wisdom to give them opportunities, within the limits of their abilities.

Children are undecided

I didn't say that they would become efficient and fast at making decisions in a matter of days. But if you want to ride a bike, you have to get on it at some point, right? Patience and humor are your best allies here.

I will have more work

You might, I am not going to lie. Maybe your child decides to drink tea for dinner and as a result, wet his bed. As a parent, you can deal with this by creating meaningful boundaries (inside which he gets to make decisions).



You did it!

You are ready to give your child the opportunity to develop an essential life-skill. Well done!

WRITE DOWN 3 FIELDS WHERE YOU'LL GIVE YOUR CHILD THE ROOM TO MAKE DECISION

Congratulations

TODAY YOU LEARNED HOW DECISION-MAKING IS AN IMPORTANT SKILL AND YOU OBSERVED HOW IT WORKS IN YOUR FAMILY. NOW YOU CAN ADJUST TO IMPROVE YOUR CHILD'S AUTONOMY. WELL DONE!

