

FREE
WORK
BOOK

HOW TO Teach Decision- Making to your Child



BY BERENICE GOIN

GET READY

- Have a notebook or a print out of the workbook
- Have 15 minutes
- Get yourself in 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

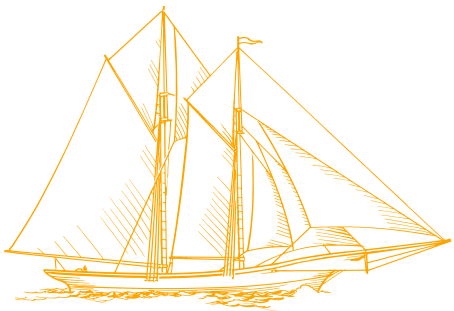
Get rid of any limiting beliefs that could keep your child from making his own decisions and becoming a more autonomous being.

MOST OF WHAT YOU ARE TODAY IS A RESULT OF
THE DECISIONS YOU MADE. MAKE SURE YOUR
CHILD GETS GOOD AT IT!



GET CLEAR ON SUPERFICIAL VS DEEP DECISIONS

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



SUPERFICIAL DECISIONS

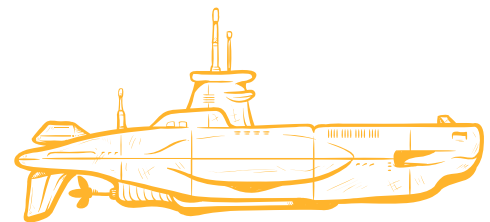
We make many decisions every day. Those superficial decisions don't have long-term consequences. If you decide not to take an umbrella and it rains, you might get a cold for a few days but that's it.

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, or what game to play are great places 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 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.

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 after school	Liam	Liam
Going for a walk as outdoor activity of the day	Mom	Vasco
Taking a shower before dinner	Cassie	Cassie
Wearing a coat	Mom	Cassie




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.

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. You can establish those rules with your children, then 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 rid of any limiting beliefs that could keep your child from making his own decisions and becoming 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 responsibilities as their 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

Not if you ask your child to assume their choices. Do they want apple sticks with peanut butter for their snack? Great, let them fix it..



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 MORE ROOM TO MAKE DECISION



Congratulations

TODAY YOU LEARNED ALL ABOUT
DECISION-MAKING.
WELL DONE!

