

# RESPONSIBLE DECISION-MAKING

Parent Resource

## DID YOU KNOW?

People make about 35,000 decisions EVERY DAY!

Responsible decision-making means thinking about all options and outcomes to make the best choice.

### In kindergarten through second grade, children begin:

- ✓ Learning the difference between good and poor choices.
- ✓ Learning to think for his or her self.

#### EXPLAIN WHEN DIFFERENT RULES APPLY

Consider how different rules apply in different settings.

##### EXAMPLE

Inside or quiet voices need to be used in places like libraries and movie theaters, but cheering or loud yelling can be appropriate when playing outside.

### SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identify healthy choices that affect personal wellness.



Demonstrate the ability to follow rules and directions.

#### TALK ABOUT CONSEQUENCES

Talk to your child about considering consequences before acting.

##### EXAMPLE

If you do not wear a jacket to play outside in the winter, you may feel cold.

##### EXAMPLE

If you eat too many sweets you may develop tooth decay that will result in cavities.



### DINNER TABLE CONVERSATION STARTERS

Describe a decision you made today. What were the choices you considered? What were the possible outcomes? What was the outcome? Do you think that was a responsible decision?

In planning ahead for tomorrow, what are some decisions you may need to make? What information do you need to make the best choices?

#### TEACH THE DIFFERENCE

Discuss the difference between positive and negative behaviors.

##### EXAMPLE

Positive behaviors include sharing your toys with a friend.

##### EXAMPLE

Negative behaviors include taking something from someone without asking.

#### DESCRIBE BEING RESPONSIBLE

Describe ways your child can be responsible.

##### EXAMPLE

Children can practice making responsible decisions by picking up toys after they are finished playing.

AS YOUR CHILD GETS OLDER, HE OR SHE WILL HAVE TO MAKE MORE DECISIONS. TEACHING YOUR CHILD HOW TO MAKE RESPONSIBLE DECISIONS WILL HELP HIM OR HER BE PREPARED WHEN SITUATIONS ARISE AS A TEEN OR ADULT.