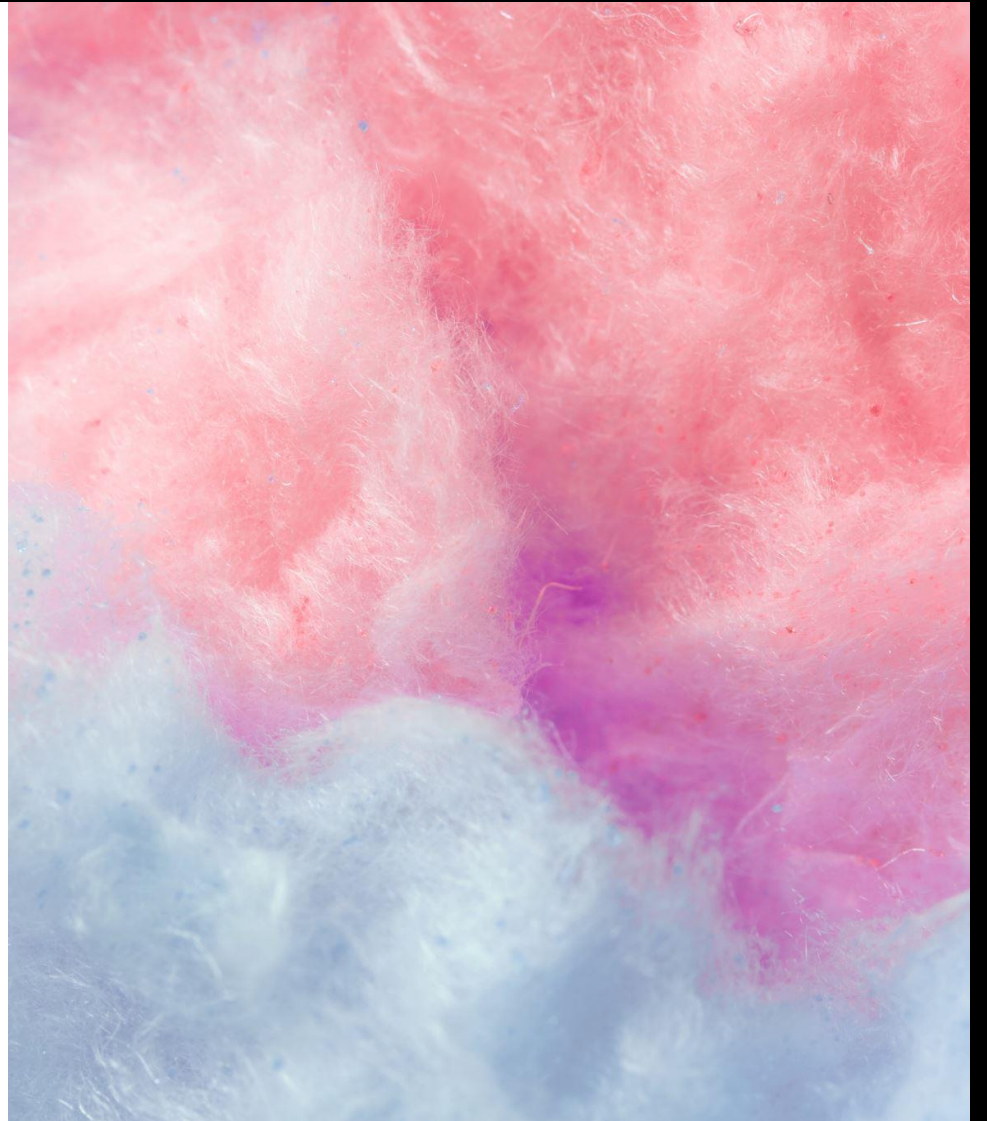


WELCOME GSRP FAMILIES

Take a few minutes to meet the other family members in attendance today!

INTRODUCTIONS



SETTING LIMITS AND PROVIDING CHOICE FOR PRESCHOOLERS

Adapted from HighScope Bringing Active
Learning Home: Workshops for Preschool
Parents

CHALLENGING SITUATIONS

It's a workday morning and you are trying to get your child and yourself to school and work on time. Your child refuses to get dressed unless she can wear her ballet costume, then says she wants cookies for breakfast and starts crying.

Raise your hand if you have had a similar experience with your child.

CHALLENGING SITUATIONS

On your handout, write down one challenging situation that you encounter at home with your child.

POWER AND CONTROL

- The need of power and control (autonomy) is important in preschool development.
- Children want to do things for themselves, make choices, and declare ownership. This is how they learn to become independent.

S H A R I N G C O N T R O L

- What are some choices or decisions your child is able to make at home?

TYPES OF CHOICES

FREE CHOICES

- Free choices do not limit the possibilities.
- If you give a free choice, you must be willing to accept the child's idea (within safety reasons).
- *Example: What would you like for breakfast?*

LIMITED CHOICES

- The adult gives a couple of realistic possibilities for the child to choose from
- Do you want to run through the sprinkler or play on the swing?
- *Example: Would you like pancakes or cereal for breakfast?*

SETTING LIMITS

What are some limits that you set for your child?

HOW TO SET LIMITS AND PROVIDE CHOICE

Bedtime

- “It is time to get ready for bed. Would you like to read one book or two books before you go to sleep?”
- “We are going to read one book before bed. Would you like to sit on the couch or in your bedroom while we read it?”

SAYING WHAT WE MEAN

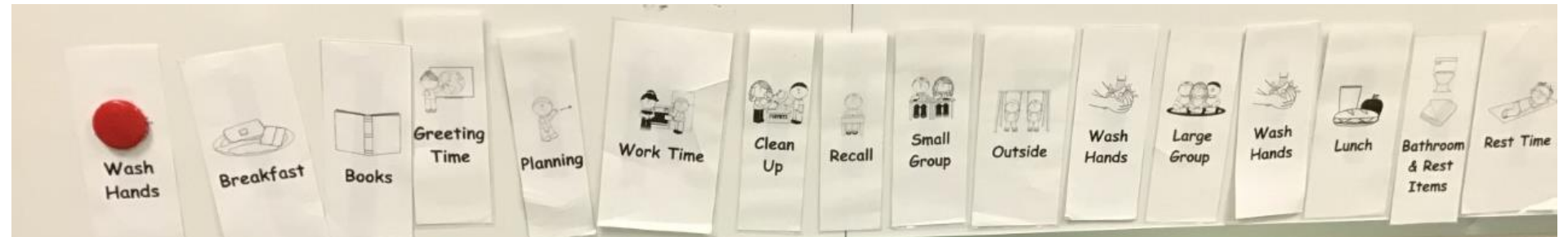
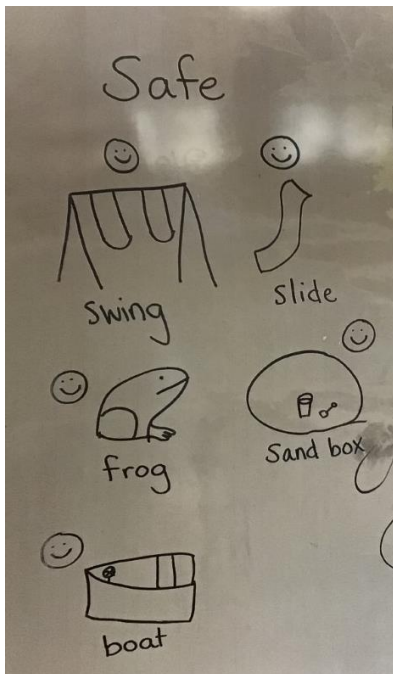
- Sometimes we sound like we are giving children choices that are not intended to be choices.
 - Why don't you go wash your hands for lunch?
 - Let's get ready for nap, okay?
- These statements can create power struggles.

SETTING LIMITS BY CREATING ROUTINES

- Creating a consistent routine allows your child more independence within that routine.
 - First, clean up your toys and then you can go outside to ride your bike.
 - First, get dressed. Then, choose your snacks for school.

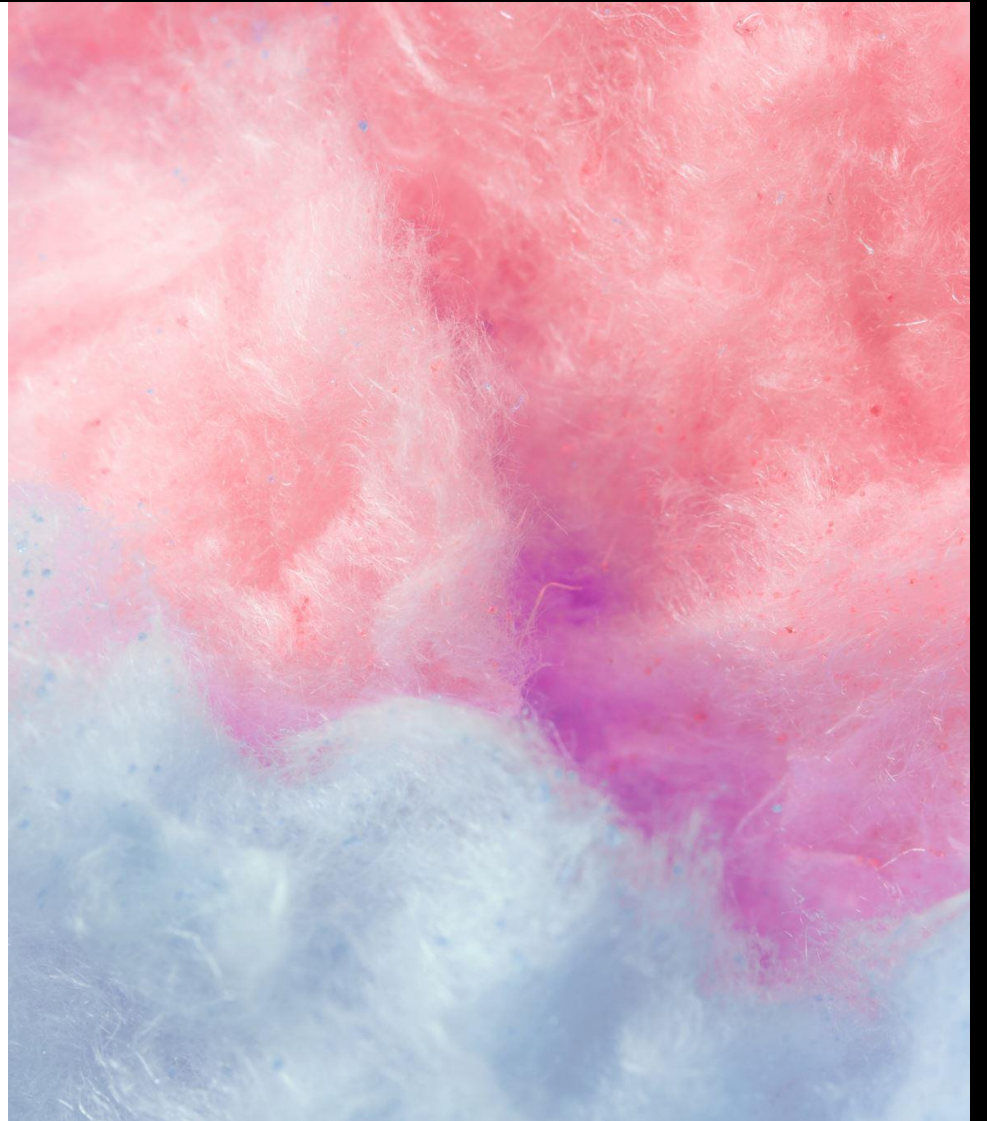
VISUALS

- Sometimes children need visuals to help show them the routines or choices.



APPLYING THIS TO YOUR HOME

Reflect on challenging situations that you listed on your handout at the beginning of the workshop. What are some choices you could offer? Are there limits you could set? Write them down on your handout.



CREATING YOUR OWN VISUAL SCHEDULES OR CHOICE CARDS

Now you will have the opportunity to create your own visual schedules or choice cards to support your child's independence and decision making at home.

QUESTIONS ABOUT SUPPORTING YOUR CHILD

Our teachers are here to help and answer any questions you may have about how we support limit setting and providing choice at school and how this can be applied at home.

