

Let's Do This Instead

Primary Objectives

1b. Follows limits and expectations

Why It's Important

It is important to help children learn to regulate their own behavior. This involves teaching your child what else she can do when she first makes an unacceptable choice.

Materials

None

What You Do

1. When your child is engaged in a behavior that is unacceptable, look for an opportunity to offer her an acceptable alternative. You can redirect your child by stopping the current behavior and then offering an acceptable choice.
2. Stop the unacceptable behavior immediately if it could harm your child or someone else. Use a steady, calm tone when you speak. *Throwing rocks could hurt someone's body.*
3. Give your child an alternative, using expressions to make the acceptable choice sound appealing. *Let's throw these colored balls instead. Which one would you like to hold?*