



# Families Matter!

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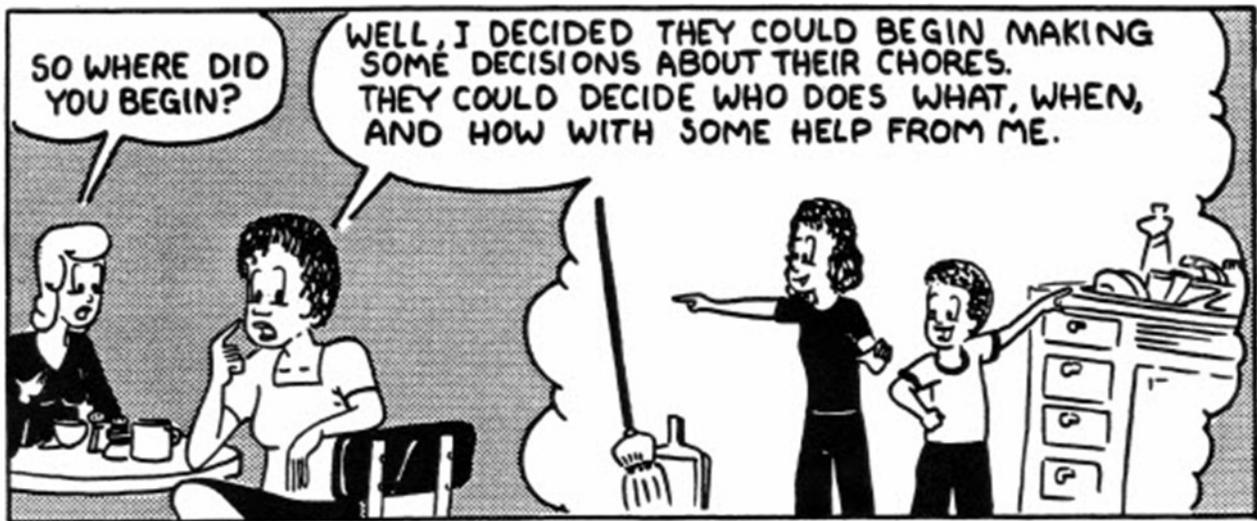
AN EXTENSION Just in Time Parenting NEWSLETTER

BETTY MARY

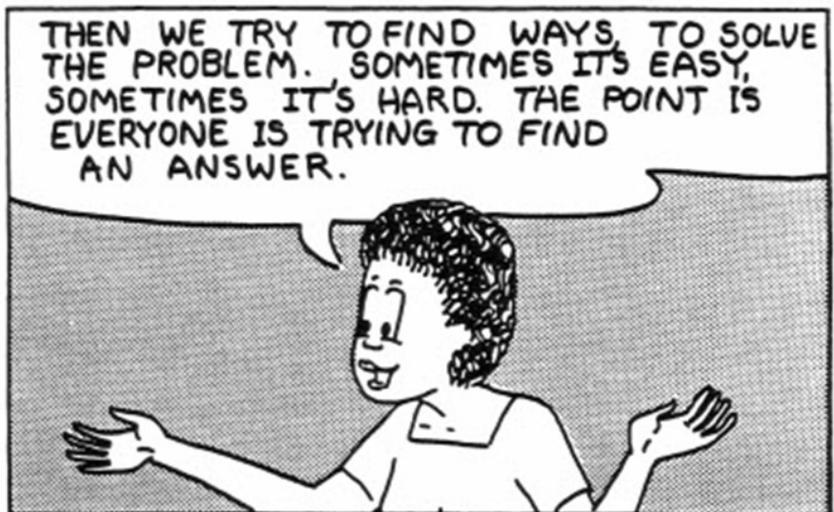
## MAKING DECISIONS











IT SEEMS WITH MY KIDS I JUST SAY WE'RE GOING TO DO IT MY WAY AND I TRY TO FORCE THEM. IT MEANS ME AGAINST THEM.



THAT'S WHY MAKING THE DECISION TOGETHER WORKS. WE ALL FEEL LIKE WE'RE TREATED FAIRLY.



BUT WHAT HAPPENS IF THE DECISION DOESN'T WORK OUT?



WE CAN ALWAYS BRING IT UP AGAIN AND TALK ABOUT IT SOME MORE. NO DECISION IS EVER FINAL.



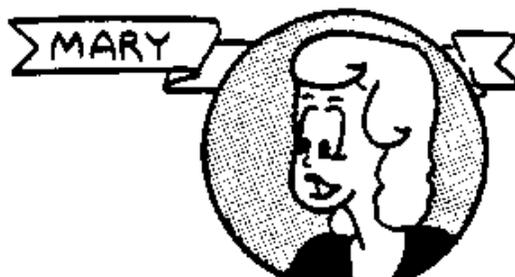
I BET MY FAMILY COULD MAKE BETTER DECISIONS IF WE TRIED TO WORK TOGETHER.



## MAKING DECISIONS

- Children can learn to make healthy decisions with support from their parents.
- Parents can help children learn to make decisions by working together with them rather than always being in total control.
- These are the basic steps in decision making:

- **Define the problem** from each person's point of view.
- **Establish your goal.** What do you want to happen?
- **Consider the solutions.** What are all the possible solutions?
- **Identify the consequences.** What would the effects of each of the solutions be?
- **Decide.** Choose the best solution and make a commitment to action.
- **Empower your children.** Help them deal with stress, build self-esteem, handle peer pressure, choose a healthy lifestyle and develop new skills.  
How? By:
  - **Talking** about how you make decisions.
  - **Teaching** them the decision-making steps.
  - **Reminding** your children to use the decision-making steps.
  - **Suggesting** alternatives and consequences.
  - **Praising and reinforcing** good decisions and good decision-making processes.
  - **Helping** your children evaluate decisions—rather than criticizing them.



Have a good month!

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## **FAMILIES MATTER!**

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Making Decisions

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