

Task Template:

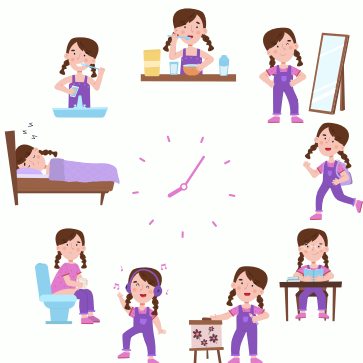
5 Days, 5 Choices

Purpose: This tool helps you strategically use the Limited Choice technique to give your child (2–6 years) a sense of control during routines where conflict often arises (e.g., getting ready, eating, bedtime). Planning choices reduces your stress and the child's resistance.

Instructions:

1. Identify the Conflicting Routine (e.g., getting dressed).
2. In the corresponding row (Monday–Friday), plan one specific question that offers two acceptable choices.
3. Commit to asking this question before issuing a command.
4. Remember the rule: Offer the choice on the how or where, not the if of the action.

Day	Conflicting Routine (e.g., Getting Ready)	The Planned Question (Limited Choice)	What the Child Controls
Monday	Getting Dressed	"Do you want to put on your shirt first or your pants first?"	The Sequence of the task.
Tuesday	Mealtime	"Do you want to eat your broccoli or your carrots first?"	The Order of the food consumption.
Wednesday	Tidying Up	"Do you want to put away the red blocks or the blue blocks?"	The Category of toys to start with.
Thursday	Bath Time	"Do you want Mom or Dad to turn on the water?"	The Helper or participant.
Friday	Leaving the Park	"When we get to the car, do you want to listen to music or do you want to hold the stuffed animal?"	The Transition Activity (redirection).



Task Template: 5 Days, 5 Choices

Guide for Parents: Using Limited Choice Strategically

1. Identify the "No" Zones

Pinpoint the top 1-2 routines where you most often hear the word "No" (e.g., brushing teeth, bedtime, putting on shoes). These are your targets for the week. Your goal is to satisfy the child's need for autonomy.

2. Focus on Acceptable Choices

Ensure both options are acceptable to you. Avoid open-ended questions like, "What do you want to wear?" if you know only two outfits are clean.

- Ineffective (Leads to a 'No'): "Do you want to brush your teeth now?"
- Effective (Offers Control): "Do you want to use the blue toothbrush or the red toothbrush today?"

3. Commit to Consistency

Consistency is what moves this from a trick to a neurological habit for the child. When the child starts to expect a choice, they spend less energy fighting the command and more energy making a decision.

4. Practice the Pause (BNE Focus)

When met with resistance, remember the 3-Second Pause and the V.A.L. Technique.

- **V (Validate):** "I see you don't like either choice right now."
- **A (Accept the Limit):** "I understand, but those are the two options. I will choose for you if you don't choose in 5 seconds."
- **L (Lead to Action):** If they don't choose, gently make the choice and proceed without emotion: "I chose the red. Let's start with the red toothbrush now." No drama, just action.

