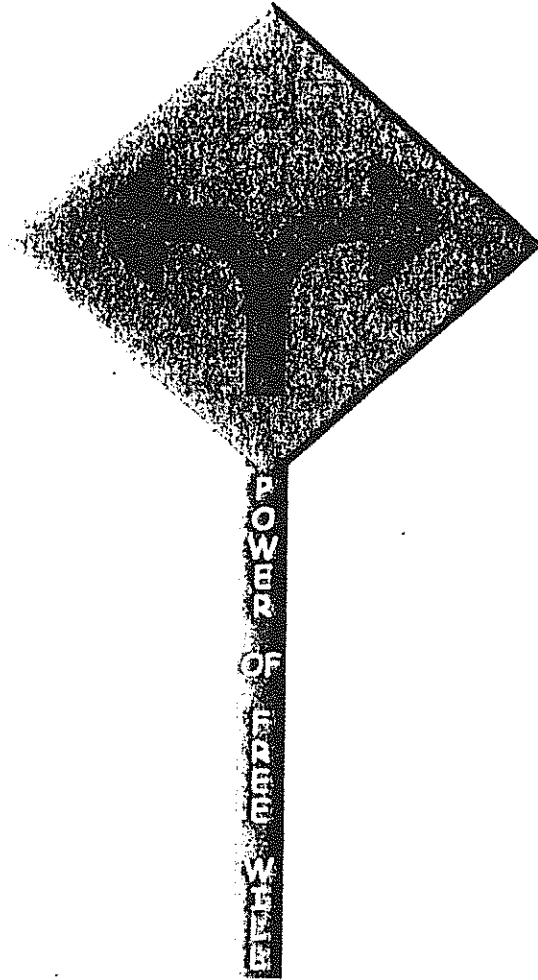


Chapter 4

Choices

Building self esteem and willpower



The only person
you can make change
is yourself

Choices

Building Self Esteem and Willpower

Power: Power of Free Will
The only person you can *make* change is yourself

Value: Empowerment

Purpose: Empowers children while setting limits

Brain Development: Choice changes brain chemistry so that learning is optimized

Emotional Development: Builds self esteem and willpower; reduces impulsivity

Choices Principles:

1. The only person you can *make* change is yourself.
2. Giving your power away sets you up to blame.
3. Ask yourself, "How do I help the child more likely choose to _____," rather than, "How can I get the child to _____."
4. Making choices builds willpower and self esteem.

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is