

Building Strong Families

Reasonable Control

Key Points

- **Strike a balance** between giving children too much control and not giving them enough. A child with too much control can feel neglected and insecure. A child who has no control can feel inadequate and powerless.
- Give children the **chance to choose** when appropriate. They will learn their own likes and dislikes and understand how to make decisions.

"So Many Choices"

Directions:

What is your level of comfort with the following activities that allow your children to have reasonable control over their environment? Place a check in either the comfortable or uncomfortable column according to age.

For example: I may be uncomfortable with my 5-year-old choosing his dinner, but feel very comfortable with my 10 year-old and/or 15-year-old choosing what to have for dinner. When you are done, discuss your answers in your small group.

Activity:	Comfortable			Uncomfortable		
	5	10	15	5	10	15
Choosing what to have for dinner						
Picking out clothes to wear to school						
Buying items at the store and counting change						
Planning a party for friends						
Choosing a movie to rent from the video store						
Deciding how to spend their allowance/savings						
Decorating their room						
Staying home alone						
Buying presents for friends and family						
Ordering their own food at a restaurant						
Choosing a television show to watch						