

## 《小選擇，大改變！》

「你快點吃完這個，無時間了！」「你不可以吃糖果，這對健康不好！」？

我們因擔心子女無法作出理想的選擇，習慣事事為子女作主。

其實，適時給予子女選擇，能夠鼓勵子女參與，提高行動意願。家長亦能透過子女的選擇，了解對方，提高親子信任。

以下的小方法，能夠幫助你在生活中，逐步建立子女的自主能力：

### 小選擇，大改變！





#### 1 分享資訊

我們現在只有10分鐘，  
恐怕未能滿足你所有的請求。



#### 2 簡化選擇

你想在限時內吃完，  
還是把食物帶回學校？



#### 3 提出替補

如果你還有其他想法，我們  
可以在晚上騰出時間討論？

## Small Choices, Big Impact!

As parents, we often find ourselves making all the decisions for our little ones, thinking we know what's best. But have you ever considered the magic that happens when we let our kids choose?

In fact, giving your child the chance to make choices, even small ones, can foster their sense of involvement and boost their willingness to engage. Parents could also discover so much about your children by looking into their preferences. Thus, helping you understand them better and building a stronger bond of trust.

Every small choice is a step towards growing up. Here are some simple strategies to help you gradually empower your children in day to day conversation:

### Small Choices, Big Impact !





**1 Be honest**

We only have 10 minutes now, so we might not be able to do everything you're asking for.



**2 Simplify choices**

Would you like to finish eating within our time limit, or take your food back to school?



**3 Offer alternatives**

If you have other ideas, how about we make time this evening to talk about them?