

Life

Skills Training

Promoting Health and Personal Development

Dear Family:

We make many decisions in our lives. Some decisions are easy to make, such as what clothes to put on in the morning or what to eat. Other decisions are harder, such as whether or not to smoke. Children are notorious for making poor choices without thinking about the consequences. One way to prevent children from making poor choices is to help them practice how to make smart ones.

In class, your child has been learning about and practicing making good choices. Students have been using a decision-making method called **Stop-Think-Go!** You might want to ask your child about this method. Today your child applied this method to situations involving the decision to use tobacco.

You can help your child improve his/her decision-making skills. Instead of telling your child what to do, you may want to begin offering your child options to choose from. For example, you may tell your child that they can choose between doing their homework as soon as they come home from school, or doing it after dinner. Encourage your child to use the decision-making method in their choice. The more a child practices making decisions, the more likely that the decision-making procedure will become ingrained in their behavior. When the time comes to make a serious decision, the child will automatically use the method and hopefully make the appropriate choices.

Thank you for your help in using decision-making procedures in your family life.

Sincerely,