

INCLUDING KIDS IN DECISION MAKING

Including children in decisions builds agency, regulation, and trust even when adults still hold the final call.

1. Choices within boundaries

Voice without overwhelm

"Do you want to do this now or in 5 minutes?"
"Should we start this part or that part?"

"Would you rather do it together?"
Which feels easier to try first?"

2. Perspective-taking questions

Helping kids feel seen

"What feels hard about this?"
"What part are you worried about?"

"What do you wish was different?"
"What would help your body feel calmer?"

3. Problem-solving together

Coaching, not commanding

"What don't we want to repeat?"
"What help would make this easier?"

"What's one idea we could try?"
"What worked last time?"

4. Regulation-first check-ins

Before deciding

"How full is your tank right now?"
"Does your body feel fast, slow, or just right?"

"Do you need a break before we decide?"
"Is this a now problem or a later problem?"

5. Reflective listening

A technique that builds safety

"What I'm hearing is..."
"It sounds like you're feeling..."

"Tell me if I got that right."
"That makes sense."

