

Positive Behaviours for Learning

We are Responsible: Make right choices

Even young children regularly choose how they will behave, which toys or games they would like to play with, which books they would like to have read to them, or which television shows they would like to watch. As they get older children make bigger decisions that often involve their family, their friends and their schoolwork. The kinds of decisions children make affect their wellbeing, their relationships and their success.

Children learn skills for making good decisions gradually. Parents, carers and teachers can help children learn how to make good decisions by providing effective guidance and supporting them as they practise.

Children's decision making is strongly influenced by the expectations and values they learn from those around them. This occurs through observing others (particularly those close to them), hearing about and discussing values, and having opportunities to make decisions and experience their consequences.

Developing skills for logical thinking and problem-solving supports children's growing abilities for effective decision-making. As children develop skills for managing their thinking as well as their feelings, they become better at putting decisions into practice and at keeping them on track.

<https://www.kidsmatter.edu.au/mental-health-matters/social-and-emotional-learning/making-decisions>