

# Supporting Children with Decision Making Skills

It's important to help young children with disabilities learn how to make choices and decisions. When they can make choices for themselves, it helps them feel more independent and confident. Learning how to make decisions also helps them solve problems, which leads to increased self-advocacy in the future.

## Why Decision Making is Important...

- Empowers them to make their own decisions.
- Builds problem solving skills.
- Saying no is an important safety skill.
- Basic life skill to practice at an early age.
- Leads to more independence.



## How to Get Started...

- Start early! Young children can make decisions.
- Show the child how you make decisions.
- Build choice into everyday routines. Such as dressing, eating, and playing.
- Support the child when they make decisions, and mistakes, to help them learn from it.

