



# PAX Choice

## for Caregivers

**Y**oung people can be resistant or even defiant when asked to do things they don't want to do or when they feel unprepared. This resistance may come from feeling lack of control over their environment or outcomes. **PAX Choice** creates opportunities for young people to make a choice among acceptable options.

This tested and proven strategy uses equivalent choice and sequential preference to improve cooperation and increase young people's sense of control.

### **PAX Choice help young people ...**

- Improve cooperation with adults.
- Avoid feelings of coercion.
- Determine preferences in activities.
- Increase task completion rates.
- Decrease escape, avoidance, and oppositional behaviors.
- Develop a sense of agency.

Use PAX Choice to increase the Peace, Productivity, Health, and Happiness at home! **Peace, Productivity, Health, and Happiness** at home!

## The Recipe

- 1** Provide opportunities for the young person to practice making a choice among acceptable options or sequences in low-stakes scenarios, such as getting dressed for the day or completing chores.
- 2** Present acceptable options and encourage the young person to make a choice.
- 3** Reinforce the young person's choice, task completion, or cooperation.
- 4** After demonstrating success with making choices, use PAX Choice in situations prone to indecision or conflict.