

Reflection Questions: Decision Making (SODAS)

1. What decisions do you have to make on a daily basis?
2. How do you make those decisions?
3. Using the SODAS method is a more formal way to make decisions based on your values. What values do you want your child to have?
4. What is the most important thing you learned during the lesson?
5. What do you plan to do differently as a result of what you learned?

Evaluate your answers.

Decision Making (SODAS) is a formal way that teaches children how to make decisions based on values and minimizes how a child responds emotionally. This skill can be used for simple or difficult decisions. As a parent, you should use the SODAS method to determine rewards, consequences for your child. It reinforces how decisions are made and what values are important to you.