

# **Pitfall: Deferring**

- **Allowing children too much autonomy in decision-making or inundating them with choices can lead to anxiety by overwhelming their cognitive capacities.**
- **Offering your child choices can empower them and promote independence, but an excessive number of options can be daunting, leaving them feeling paralyzed by the fear of choosing wrong.**
- **To counteract, use the PEAK techniques of Effective Directives, Supportive Statements, Reflective Questions, or Unilateral Actions**