

## Sharing your information

Your information will only be disclosed to those who have a genuine need to know and who agree to keep your information confidential. For your direct care we often share information with:

- NHS hospitals and clinics
- GPs
- Social care

Following the principles within the General Data Protection Regulation (GDPR), MCH processes your data for purposes of:

- provision of health or social care or treatment
- medical diagnosis
- preventative or occupational medicine
- management of health or social care systems and services, carried out by, or under the supervision of health professional or another person, who in the circumstances owes a duty of confidentiality under an enactment or rule of law

## Who to contact

Children's services

t: 0300 123 3444

Snapdragons Centre, Cliffe Road,  
Strood, Rochester, Kent ME2 3FF

[Medch.childrenscommunity@nhs.net](mailto:Medch.childrenscommunity@nhs.net)

Medway Community Healthcare CIC providing services on behalf of the NHS  
Registered office: MCH House, Bailey Drive, Gillingham, Kent ME8 0PZ  
Tel: 01634 337593  
Registered in England and Wales, Company number: 07275637

Our privacy notice is available at [medwaycommunityhealthcare.nhs.uk/privacy/](https://www.medwaycommunityhealthcare.nhs.uk/privacy/)

If you would like to view or request a copy of your patient record, please email [medch.dataprotection@nhs.net](mailto:medch.dataprotection@nhs.net) or call 01634 334640. In most instances this service is free and we aim to provide the requested information within 1 calendar month. More information can be found by visiting:

[medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/](https://www.medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/)

Medway Community Healthcare provides a wide range of high quality community health services for Medway residents; from community nurses and health visitors to speech and language therapists and out of hours urgent care.

## Customer care

Please send any comments about Medway Community Healthcare services to: -

Customer care coordinator  
Medway Community Healthcare  
MCH House, Bailey Drive, Gillingham,  
Kent, ME8 0PZ

t: 01634 334650

[medwaycustomer care@nhs.net](mailto:medwaycustomer care@nhs.net)

All contact will be treated confidentially  
This information can be made available in other formats and languages. Please email [medch.communications@nhs.net](mailto:medch.communications@nhs.net)

Ref: MCH 644



## Giving choices Parent leaflet



Arguing with your child can be an exhausting process. A good alternative to this is to offer your child some controlled choices.

Giving your child the power to make choices is an important strategy for any parent. It allows children to have some control over their own decisions. This is a useful way to help you avoid some of the power struggles that can occur over very minor issues.

With controlled choices, children are given a limited set of options, any of which you are fine with them choosing.

It is important for children to feel that they have some say in making simple everyday decisions and deciding household rules. Choices are good for children because it gives them lots of practice in making big and little decisions. It is also a strategy that is easy to use.

Giving children choices hands some control over to the child without reducing a parent's authority. This can be a win/win situation if the child feels that they have been in control of the choice but the parent is also content with the choice they have made.

Sometimes the choice will mean that the child needs to complete a certain task, but they get to choose how it will be accomplished.

Children like to have choices because it makes them feel like they are in charge. When children are offered choices it can make them feel respected, valued and encouraged.

#### **Some common choices we can offer to children are:**

- Would you like a pancakes or cereal for breakfast?
- Do you want to make the sandwich for lunch or should I?
- Which park should we go to? The big one or the little one?

#### **When making rules for the household you can offer choices such as:**

- When is a good time for you to take out the rubbish?
- Would you like to say excuse me or pardon me when you leave the dinner table?

#### **Some children need a limited choice like:**

- Pick one of two choices: You may \_\_\_\_\_ or you may \_\_\_\_\_.
- You may set the table or clean up afterward. Which would you prefer?
- You can clean up your room and then go out, or you can choose not to clean your room and not go out. Up to you.

Giving choices aims to diffuse conflict and let children assert their independence in a healthy way. It exercises their brains by making them think and solve problems. It is an extremely effective technique to use with toddlers, school age and older children.

