

# Everyday Choices

## Getting Dressed

It's time to get dressed.  
What will you wear today?  
Your red shirt  
or your purple shirt?



## Leaving the House

It's time to leave.  
Would you like to hop like  
a bunny or stomp like  
an elephant to the door?



## Playing Together

Let's tell a story together.  
Should it be about  
a giant frog or a colorful  
butterfly?



## Tips to Try

- If your child refuses, kindly and firmly repeat the two choices.
- Try adding, "You decide," after giving two choices.
- Give your child simple choices as a statement rather than a question.
- Affirm your child's choice.





# Everyday Corrections



## Playtime

I want you to have fun but playing ball inside the house is not safe. You can play an indoor game instead.



## Mealtime

I love you and I know we can find a solution together.



## Bedtime

I love the way you want to keep reading but for now the answer is no.



## Tips to Try

- Affirm the connection with your child, then make the correction.
- Always stay calm even if you are frustrated.
- Try to be patient and curious to understand how your child sees the world.



# Everyday Strategies

With your family, write down everyday challenges.



On a ball, draw positive strategies for what to do when a challenge arises.



When a challenge arises pass the ball and see where your finger lands.



- Wanting to leave home to meet friends.
- Accepting no as an answer.
- Using manners.

- Say a positive affirmation.
- Pick from the positive ideas jar.
- Ask for two choices.

Which solution are we going to try first to solve this?

## Tips to Try

- Keep the strategies in a common place.
- Write or illustrate them on a list if you do not have a ball.
- Add more strategies as you discover what works for you and your children.

