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.
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.