

# Everyday Choices

## Getting Dressed

## Leaving the House

## Playing Together

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

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

Let's tell a story together.  
Should it be about  
a giant frog or a colourful  
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.**



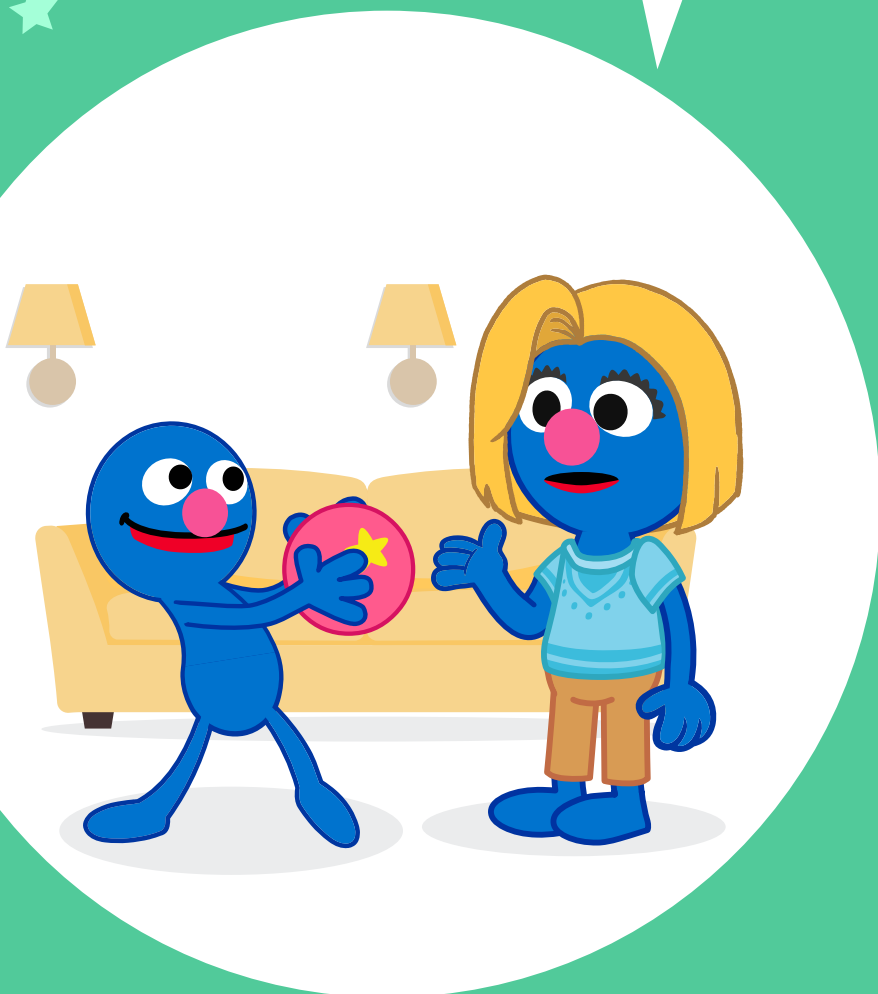


# Everyday Corrections



## 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.



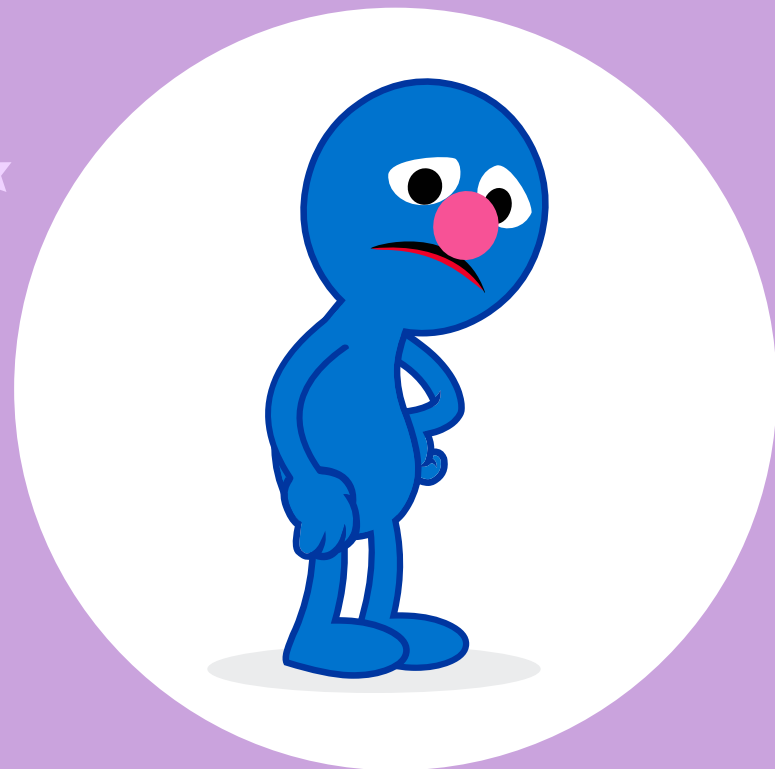
# Tips to Try

- **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.**





**caring for  
each other**