

# Help Us Have a Good Day!

## Positive Strategies for Families



### Give me **choices**

*Do you want your breakfast in the orange bowl or the green bowl?*



### Remind me of the rules

*Remember, we keep ourselves safe, so go up the steps, down the slide.*



### Help me know when something is going to **end/change**

*Five more minutes until dinner.*



### Catch me **being good**

*Wow, thanks for trying something new. I hope you feel proud when you try new things!*



### Tell me exactly **what to do**

*First we get into the bathtub and then we do bubbles.*



### Show me what is going to happen



More family resources at

[ChallengingBehavior.org/Implementation/Family.html](http://ChallengingBehavior.org/Implementation/Family.html)



Office of  
Special Education Programs  
U.S. Department of Education

The reproduction of this document is encouraged. Permission to copy is not required. If modified or used in another format, please cite original source. This is a product of the National Center for Pyramid Model Innovations and was made possible by Cooperative Agreement #H326170003 which is funded by the U.S. Department of Education, Office of Special Education Programs. However, those contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal Government.

Rev. 06/10/19

# 6

## POSITIVE STRATEGIES FOR *families*



BROOMFIELD EARLY  
CHILDHOOD COUNCIL

STRATEGY ONE:

# GIVE ME *choices*

If you feel like you are in a  
battle of wills each day,

*use choices*

to find common ground,  
encourage participation and  
reduce challenging  
behaviors.



Choices include young children in the routine and encourage cooperation.



Choices allow adults to control the options yet give children ownership .



Choices empower children to try new activities and minimizes confusion.



Choices teach children to be flexible and accept responsibility.



wake  
TIME

### CHOOSE THE ORDER OF TASKS:

*Would you like to go potty or brush your hair first?*

### NOTE WHEN THEY HAVE A CHOICE:

*You choose today! Would you like to wear your rainbow or your striped shirt?*

### USE CHOICES FOR HARD ROUTINES:

*First get dressed. Then you have a choice! Would you like pancakes or cereal for breakfast?*

### CHOOSE WHETHER TO HAVE HELP:

*Would you like to get dressed all by yourself or would you like help?*



meal  
TIME

### CHOOSE THE ORDER OF TASKS:

*Would you like set out the silverware or wash your hands first?*

### NOTE WHEN THEY HAVE A CHOICE:

*It's your day to choose! Would you like to use the blue bowl or the green one?*

### USE CHOICES FOR HARD ROUTINES:

*Let's eat our broccoli first. Would you like to have watermelon or strawberries when you are finished?*

### CHOOSE WHETHER TO HAVE HELP:

*Would you like to pour the milk on your cereal or would you like me to do it?*



play  
TIME

### CHOOSE THE ORDER OF TASKS:

*Would you like Mommy to make her phone call first or play together first?*

### NOTE WHEN THEY HAVE A CHOICE:

*You choose today! Would you like to use paint or play with playdough?*

### USE CHOICES FOR HARD ROUTINES:

*It's almost your sister's turn with the shovel. Do you want to dig 3 or 4 more scoops?*

### CHOOSE WHETHER TO HAVE HELP:

*Would you like build your own tower or would you like to build one together?*



bed  
TIME

### CHOOSE THE ORDER OF TASKS:

*Would you like to put on your pajamas or brush your teeth first?*

### NOTE WHEN THEY HAVE A CHOICE:

*You choose tonight! Would you like to wear your rocket pjs or the shark ones?*

### USE CHOICES FOR HARD ROUTINES:

*Time for bed. Would you like to read the train book or the forest book before lights out?*

### CHOOSE WHETHER TO HAVE HELP:

*Would you like to squeeze the toothpaste on your toothbrush or would you like to do it together?*

*in the end*

Children are making choices throughout their day.

Guiding them with structured choices helps them more easily manage their day and their emotions, leading to smoother, happier days for everyone.



# More Resources

**Use choices to help children calm down:** [click here](#)

**Use choices as a positive language tool:** [click here](#)

**Use choices in your daily routines or for special events:**

- [click here for bedtime routines](#)
- [click here for more on bedtime routines](#)
- [click here for special occasions](#)



**Broomfield  
Early  
Childhood  
Council**

visit and explore  
[broomfieldecc.org](http://broomfieldecc.org)