

Practicing Persistence





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 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.



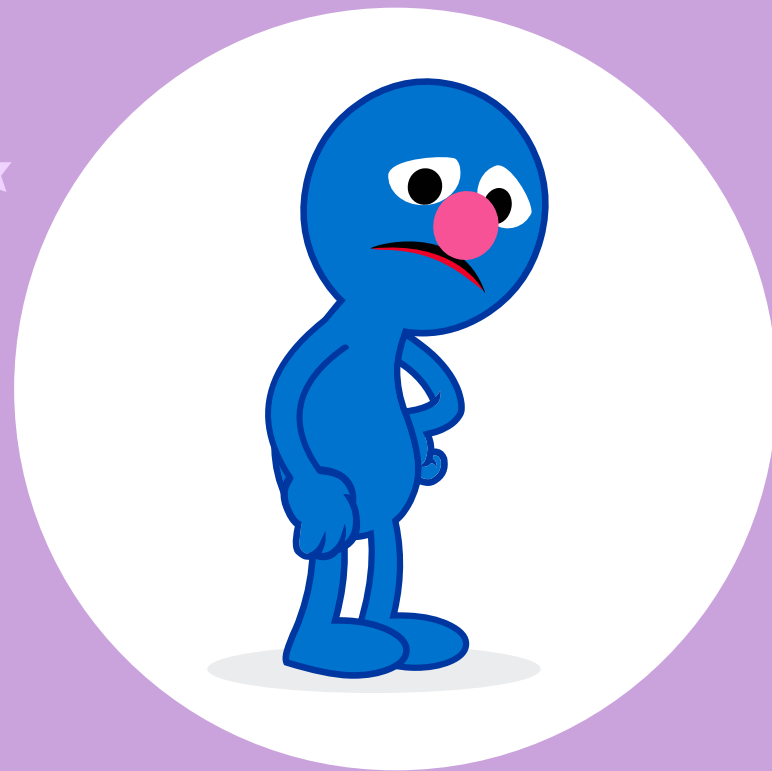
Tips to Try

- 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.



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

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



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

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



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**