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

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¡Ayúdanos a tener un buen día!

Estrategias positivas para familias

Dame opciones
¿Quieres tu desayuno en el tazón anaranjado o el tazón verde?

Recuérdame las reglas
Recuerda, nos mantenemos seguros, así que sube por los escalones, baja por el deslizadero.

Ayúdame a saber cuándo algo va a terminar o cambiar.
Cinco minutos más hasta la cena.

Reconoce cuando me porto bien
Wow, gracias por probar algo nuevo. ¡Espero que te sientas orgulloso de probar cosas nuevas!

Dime exactamente qué hacer
Primero nos metemos en la bañera y entonces hacemos burbujas.

Muéstrame lo que va a pasar

Más recursos para familias en:
ChallengingBehavior.org/Implementation/Family.html

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