

# 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](https://ChallengingBehavior.org/Implementation/Family.html)



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