



# Choices that **empower** our kids to **want to Do What We Need Them To Do:**

## Getting Dressed

- \*This shirt or this shirt?
- \*Wear skirt or shorts?
- \*Put on your shirt first or your pants first?
- \*Superhero or plain underwear?
- \*Want help or do it by yourself?
- \*Sweatshirt or sweater?
- \*This sock on first or this one?
- \*Hair in a pony tail or just brushed?

## Leaving the House

- \*Pink coat or blue coat?
- \*Say goodbye to your toys or walk away?
- \*This shoe on first or this one?
- \*Turn off the lights or I do it?
- \*You bring this toy with us or this toy with?
- \*You walk to the door or I carry you?

## Take Medicine

- \*Sit on my lap or stand?
- \*Take it in the kitchen or in the bathroom?
- \*You hold it or I hold it?
- \*Water or juice after?
- \*Mom or Dad gives it to you?
- \*Hold a lovie while you take it or hold a toy?

## Brush Teeth

- \*Pink toothbrush or Dora toothbrush?
- \*This toothpaste or this one?
- \*Use the timer or no timer?
- \*Brush your tops or bottoms first?
- \*I brush or you do it first?
- \*Sing a song while we brush or count while we brush?
- \*Sit or stand while we brush?

## Get in the car

- \*Walk to the car or skip to the car?
- \*You walk or I carry you?
- \*Bring a special toy or leave it?
- \*You climb up or I lift you?
- \*You buckle or I do it?
- \*Read a book or no books?
- \*Music on or music off?
- \*Wear sunglasses or no?

## Peaceful Meal

- \*Food on a plate or in a bowl?
- \*Sandwich or chicken nuggets?
- \*3 pieces of broccoli or 4 pieces?
- \*Ranch for your veggies or no ranch?
- \*Red cup or blue cup?
- \*Milk or water for drink?
- \*Sit next to Mom or Dad?
- \*Strawberries cut up or whole?

## Clean Up Toys

- \*Pick up your cars or your blocks first?
- \*Stack the books on the chair or on the floor?
- \*Race or work together?
- \*Sing clean up song or count?
- \*Pick up 20 toys or 25 toys?
- \*You do it all or I help you?
- \*Put your favorite toy on your desk or in your toy box?

## Go on an errand

- \*Buy this cereal or this one?
- \*Buy 3 apples or 4?
- \*Ride in the cart or hold the side?
- \*Which cart do you want to ride in?
- \*I hold you or you walk?
- \*You hold the list or help get things we need?
- \*Which cart do you want to ride in?

## Stay In Bed

- \*Snuggle this stuffed animal or this one?
- \*One book or two books?
- \*Covers on or covers off?
- \*One hug or two hugs?
- \*One kiss or two kisses?
- \*Lights off or lights low?
- \*Door open or door closed?

Easy choices to offer:

**\*I do it or You do it? \*I help you or you do it by yourself?**