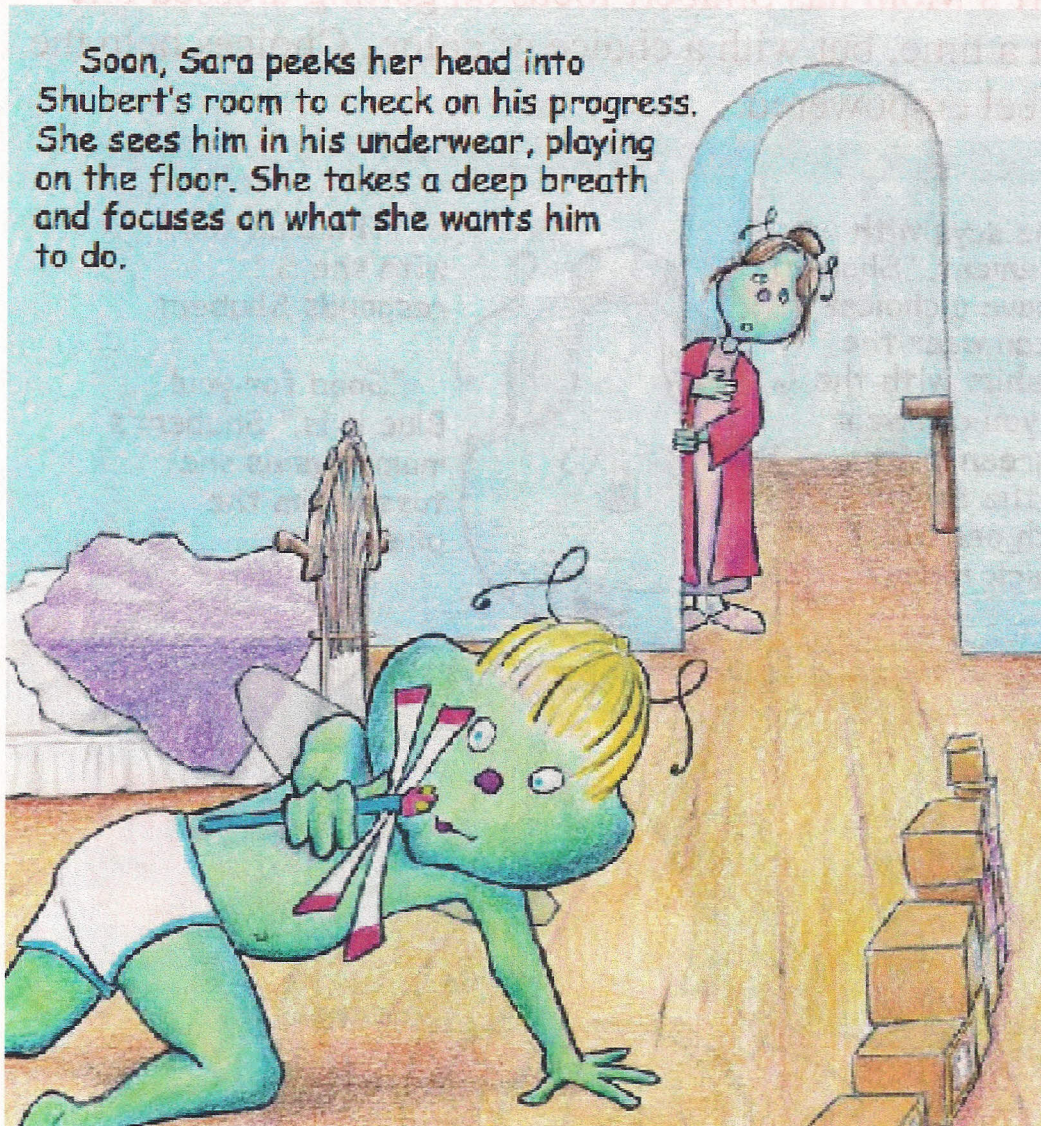


Would you like to get out of the house on time?

Soon, Sara peeks her head into Shubert's room to check on his progress. She sees him in his underwear, playing on the floor. She takes a deep breath and focuses on what she wants him to do.



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Use these simple steps, as Shubert's Mom does, in the book *Shubert's Choice*.

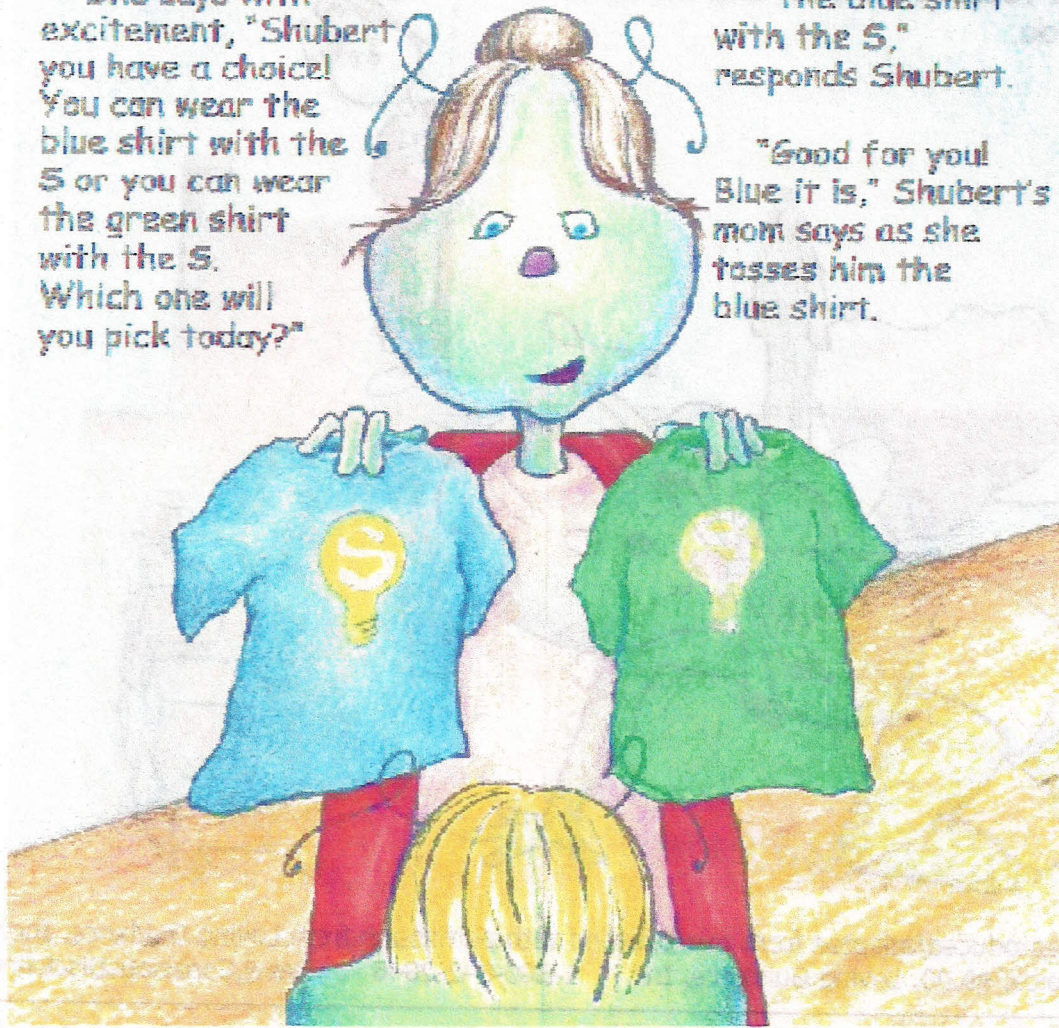
Flip this page over to see how Shubert starts getting ready to go, just by being offered a choice.

Giving your child a simple choice between two things will help him/her focus on the task. In this picture you see how Shubert's Mom has Shubert focus on getting dressed one item at a time, but with a choice of color. Choices help the child feel empowered.

She says with excitement, "Shubert you have a choice! You can wear the blue shirt with the S or you can wear the green shirt with the S. Which one will you pick today?"

"The blue shirt with the S," responds Shubert.

"Good for you! Blue it is," Shubert's mom says as she tosses him the blue shirt.



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Shubert's Choice is one of seven Shubert books that teach valuable life skills to adults and children. For more information about using Conscious Discipline® talk to your child's teacher and or go to www.consciousdiscipline.com. I wish you well, Lesa Rice CCDI/Coordinator