

Making Choices

Making choices is one of the early communication skills that children will work on. Your child may already be able to make choices, or they may be still learning to do this, but either way, it's important to keep practicing.



To ask your child to make a choice:

- Offer them 2 things (e.g. “do you want a biscuit or a banana?”). Hold the actual object in each hand.
- If your child doesn't respond you might need to move the items closer to them, or move so that you are in front of them and they can see you.
- If your child turns to look at one item, reaches out to touch an item, points to one of the items or tries to pull one of the items towards them this is their choice.
- Some children may be able to nod or shake their head when you offer them a choice and name the items.
- If your child tries to reach out to both items, encourage them to use one hand. Show them the objects one at a time before offering a choice again.
- If your child finds making choices really hard, try to offer them a choice of something they really like and something they don't like. Children usually find it easier to ask for something that they find very motivating or that they really really like.

When to offer choices:

- Offer a choice of snacks
- Offer a choice of toys
- Offer a choice of DVDs to watch
- Offer a choice of CDs to listen to
- Offer a choice of drinks
- Offer a choice of clothes to wear

