

## Offering Choices

Choices are a great way of providing **opportunities** for your child to communicate. They also help to give your child independence by showing us what they want or what they do not want.

### How to offer a choice

- Start by offering your child a choice of two items. Offer one item you know your child wants and one that is less motivating, For example: “Do you want a drink or a spoon?”
- Hold the items a little way apart and look for how your child responds. They may look, reach, point, sign or say the item they want
- When your child can choose between these items, offer a choice of two items they might want. For example: “Do you want an apple or banana?” or two items that are less motivating, for example: “Do you want red socks or blue socks?”
- When you have observed how your child makes their choice you can encourage them to use the next stage:
  - If they are looking, help them to **reach**
  - If they are reaching help them to **point**
  - If they are pointing, model and **repeat** the word. Don't worry if they don't copy it
  - You can try using sentence completion to see if your child can fill in the word. For example: ‘You want the...’

### When to use choices

- Choices can be used in every part of the daily routine and during play.

Here are a few examples:

- Getting dressed – offer your child a choice of clothes, e.g. “Do you want the pink skirt or the blue skirt?”
- Meal/snack times, e.g. “Do you want strawberry yoghurt or banana yoghurt?”
- Story time – offer a choice of books
- Play – offer a choice or toys.

