# OFFERING CHOICES

STRATEGIES AND ACTIVITIES TO TRY AT HOME

**HOW IT HELPS**

Choices are really useful in all sorts of situations and they give your child a chance to communicate their preferences.

It also means they get to hear the name of things they might need to say or understand in the future.

**TOP TIPS**

* Even if you know what your child wants, grab another item and offer a choice
* Encourage your child to choose regularly in different situations: at mealtimes, when getting dressed, during play
* Don’t assume that you know what your child wants –e.g. do you want juice? Offer a choice of juice or milk instead
* Use simple language and as few words as possible e.g. “apple or banana?”

**HOW TO OFFER CHOICES**

Give your child the chance to choose between two options.

Grab the two objects and say the word as you hold each item forward e.g. “apple (holding apple forward) or banana (holding banana forward)?

Accept whatever communication they use.

* If they look at one object for longer, answer by saying “sandwich!”
* If they attempt to say something repeat it back to them- do not worry if they say it clearly!
* If they attempt to point to one of them, label their choice by saying “sandwich!”

