

Speech & Language Therapy Service



MAKING CHOICES

Making choices gives your child a chance to communicate his needs and ideas. It is a good way to help them learn how useful communication skills can be. It can also help give a sense of having some control over their environment.

You may need to start by offering a favourite item and something you know the child does not like. As soon as he has grasped the idea of choosing you can offer two favourite items. At first don't offer more than two choices at once as this could be confusing.

Initially offer the real items so that the child can see the choice being offered. When the child understands the idea of choosing from objects, you can then move to photographs or symbols. You can put these on a board so the child can choose the one he wants.

Good times to offer choices:-

Encourage your child to choose constantly:-

At mealtimes choose between snacks and drinks or choose a filling for a sandwich.

Dressing-time – offer choices between clothes e.g. 'the Thomas shirt or the Barney shirt?'

At bedtime offer a choice of stories.

During play offer choices between toys, videos, books or tapes.

Choose between songs and games.

Set up activities using puppets or dolls. Offer choices, e.g. “Does dolly want dinner or a drink?”; “does teddy want to sleep or jump”

Use an inset puzzle. Ask your child to choose which pieces to put in e.g. ‘the boat’ or ‘the train’.

Outdoor play – “the swing or the slide”; “a big jump or a little jump”.

