

# Making Choices

## Offering your child choices

**Why should I do this?** This helps your child learn about communicating with others and is a great opportunity to learn new words.

**How can I do this?** It's best to start with offering something really motivating along with something less interesting e.g. a favourite toy alongside a spoon or snacks.

**Lizzy! Do you want an apple [show the apple] or a banana [show the banana]?**



Wait and see what your child does



**Na**

Your child may reach, point or look towards the item they want or attempt to say the word.

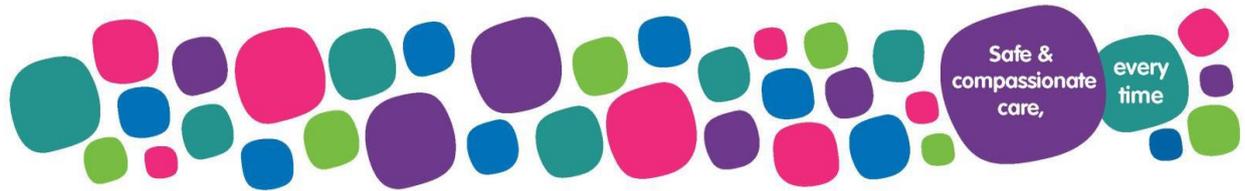
When they have given you a clear indication of what they want, put the object next to your face, say the item's name e.g. 'Banana'.

**Banana**



They may copy the word but remember there is no pressure to do so.

Practise makes perfect – keep offering them choices, they will learn they need to indicate the choice and that



### Next steps

- Once they are able to choose consistently, you can add and model an “I want” phrase for them. Remembering again there is no pressure for them to do so.
- Some children benefit from the use of Makaton signs to encourage your child to use the ‘I want .....’ phrase

