



Teach Strategy Making Choices



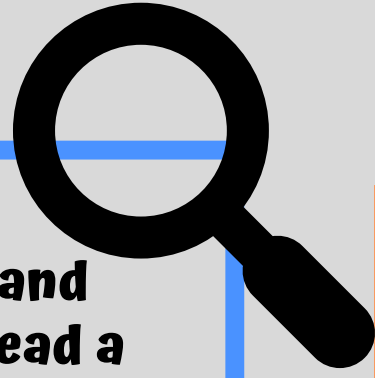
A good way to get children engaged in an activity or routine is to give them choices. Choices allow children to select their preference, which often increases their motivation. Choices can be provided both between and within activities.

1

Identify a few activities that are fun for you and your child to do together (ex: go for a walk, read a book, play a game).

Use pictures to represent each choice. Pictures should be free of clutter that might make it difficult for your child to understand what the choices are.

Show these pictures while saying and pointing to the choices so your child can pair the choice with the visual.

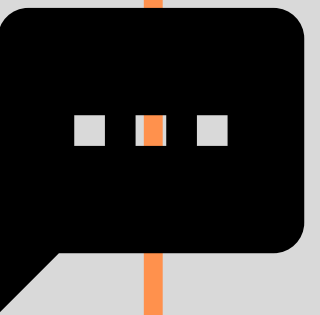


2

Introduce choices to begin a new activity or add variety to an ongoing activity. Start with two choices and extend the number as your child becomes more confident making choices.

To begin a new activity, you might say "go for a walk or read a book."

To add variety, you might say, "stack blocks or feed the baby."



3

- If your child appropriately asks for one of the choices, **immediately provide the choice and positive descriptive feedback.**
- If your child does not make a choice, or asks for something other than the provided choices, **model a choice and provide the selection.**
- If your child begins to engage in challenging behavior, **stay calm and avoid attending to the behavior.**



4

Repeat this process several times throughout the day in other fun routines (ex: playing, snack time, story time) until you notice your child making a choice from available options without a model.

It is important to comply with your child's choices while they are learning this skill. This helps them understand this new way to get their needs met, rather than engaging in challenging behavior.

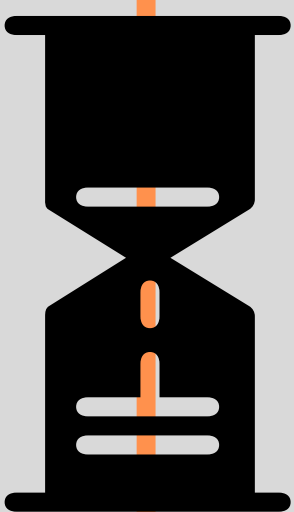


5

Once your child learns and responds to choices, you can incorporate choice during other activities or routines in your day that might be more difficult (ex: getting dressed, bath time, bed time).

In these routines be sure to include an option that your child is likely to choose.

For example, if you want your child to put on their shoes, you might say "do you want to wear sneakers (not their favorite) or rain boots (their favorite)."



Helpful Hints!

- **Limit choices to no more than two or three choices at a time. Providing any more might make it difficult for your child to understand and choose.**
- **Only provide choices that you are able to follow through with.**
 - For example, in the winter, providing the choice to wear shorts might not be reasonable since it is cold outside.



For more information on how to teach your child how to make a choice, [click here.](#)

