



OFFERING CHOICES

Support communication development and invite cooperation

Why offer choices? →

Giving choices is helpful for modeling vocabulary and creating opportunities for children to communicate and indicate their preferences. Choices can also be a powerful tool for inviting cooperation. You can guide your child in the right direction (i.e. giving them two choices that both accomplish the same end goal) while allowing them to maintain some control over the situation. This is essential for avoiding toddler power struggles.

How to offer choices →

Provide two choices by asking the child, "Do you want (an apple) or (a banana)?" When possible, it is helpful to hold the actual items when presenting the choice. Children do not need to provide a spoken response to make a choice. They can look at, reach for, or point to the one they want. If the choices aren't items you can hold in your hand, you can also provide picture choices or use gestures to represent the two choices.

Examples for Giving Choices

Do you want rainbow socks or snowflake socks?	Should we wash hands in the kitchen or bathroom?	Do you want milk or water?
Who should brush your teeth? Mommy or daddy?	Let's pick a veggie for your plate. Do you want green beans or broccoli?	Are you going to sleep with bear or bunny?
Should we walk or hop to the car?	Do you want to give Grandpa a hug or high five?	Do you want a book or a doodle pad?
What should we do first? Wash your face or brush your teeth?	Do you want to walk or ride in the wagon?	Which cup should we use to wash your hair? Mickey or dino?