Making Choices

An important area to develop in early communication is making choices. By offering your child a choice they will begin to understand why they need to communicate with you and also start to increase their independence.

You are giving them the opportunity to show you what they want, without needing to rely on other forms of communication e.g. speech, pointing, nodding or shaking their head

You can offer the choice by holding the objects up in each hand, i.e. Do you want 'milk' or ' juice'?

When you offer them a choice you remind your child of how the words sound—you have modelled the words for them.



Allow them to make their choice in any form e.g. looking at the object, grabbing for the object.

Give them the object they have chosen and tell them what they have done i.e. "You want some juice"

You can practise making choices at home in lots of different situations, although it may mean that things take a bit longer than usual.

⇒ Play time - hold up two toys/games you know they really enjoy e.g. "bubbles" or "car"

⇒ Bath time - hold up two types of bubble bath e.g. "blue" or "green"

⇒ Getting dressed - offer them two choices of t-shirt e.g. "batman" or "stripey" or try what next - "top" or "socks", holding the items in your hands

⇒ Eating - offer them two choices of snack e.g. "biscuit" or "banana"

