



## Domain and goal

- Begins to make a choice

## Activities

### Do you want 'a' or 'b'?

#### Which one do you want, 'a' or 'b'?

- Your child is at the age where he will want to start taking some control over his life. The easiest way to help your child feel more independent is to provide choices so he feels less controlled by you. Understanding a choice will take lots of practice and your child needs to be given lots of opportunities to comprehend this concept.

### Getting dressed

- In the morning, set out two shirts for your child to wear. Allow him to choose which shirt he wants to wear. Ask him, "Do you want the blue shirt or the red shirt?" When he selects, model "this one" as the language for him to imitate. You can also model "the red one" if your child is up to imitating short phrases.

### Eating dinner

- At the dinner table, offer your child a choice of two bowls. Ask him if he wants the big bowl or the little bowl. Once he non-verbally makes a choice, model an appropriate response for him to imitate such as: "this one" or "the big one", etc.

### Play time

- As above, when you are ready to play with your child, offer two choices of things to play and allow your child to make a choice. Model the appropriate language.

Once your child understands the concept of making choices, and you have modelled appropriate language for him to say, expect a vocal/verbal response from him every time. Giving choices is also a wonderful way to control your child's behaviour. If your child is acting badly, give him one good choice (reading a book with you) and one bad choice (sitting in time out). He will naturally select the good choice and the poor behaviour will disappear. Children need to feel they have control in their lives and giving choices is a wonderful way to help them.

Date	What did your child do?