

Teaching your child to make CHOICES.

Why it is important: It teaches your child to send **intentional messages**. This empowers your child and makes him/her feel good.

Encourage your child to make choices based on what she/he **LIKES** and **DISLIKES**.

Start with easy choices

The easiest choice for him/her to make is between two things he/she can see: one thing he/she **really likes** and another he/she dislikes e.g. Quavers and broccoli. Hold the choices up in front of him/her.

Give visual cues

At first, he/she may need visual cues to help him/her to make choices. You can hold real objects in your hands, point to real objects or point to pictures of objects.

NB. If you hold up objects your child may find it easier if you hold one on top of the other rather than side by side.