Manchester Local Care Organisation

Trafford Local Care Organisation

Giving Choices

Giving children a choice can help to develop their understanding of language. It also gives them more opportunities to communicate. Offering children a choice between two things, e.g. "Would you like **milk** or **juice**?" is a good way of modelling the language they need to use to ask for something.
Try giving your child choices ...



... when getting dressed
For example:
Do you want your pants or vest?
Do you want your trousers or T-shirt?
Do you want your jumper or socks?



... at snack time
For example:
Do you want milk or juice?
Do you want apple or banana?
Do you want carrot sticks or raisins?



... at playtime
For example:
Do you want your cars or bricks?
Do you want the book or the train?
Do you want crayons or chalk?



... at mealtimes
For example:
Do you want cereal or toast?
Do you want peas or beans?
Do you want yogurt or custard?

Remember to clearly label the items being offered. Encourage your child to name the item he/she wants. If your child is struggling to use spoken language, he/she may point to the item.

Powered by:
NHS Manchester University NHS Foundation Trust
NHS Greater Manchester Mental Health NHS Foundation Trust
MANCHESTER CITY COUNCIL
Manchester Health & Care Commissioning
A partnership between Manchester City Council and NHS Manchester CCG
THE MANCHESTER PRIMARY CARE PARTNERSHIP