

Offering Choice

- Children with behavioural difficulties often feel a lack of control, which can lead to frustration causing outbursts. Offering choices helps decrease this frustration by providing a sense of independence.
- Giving limited choices helps children feel less forced or pressured, which can result in more willingness to engage in tasks.
- Try not to ask vague questions like “What do you want?” or “How many do you want?” to avoid your child selecting something that isn’t available, or causing them to feel overwhelmed.
- Try not to offer too many choices. A choice between 2, or 3 things tends to work best.
- If your child struggles to consistently understand verbal questions or doesn’t have the language to respond, provide pictures of choices, or the actual items, to allow them to respond by reaching, looking at, or pointing to what they want.
- Be prepared to follow through with their choice.
- Choices can be offered during transitions, about their environment, during daily routines, and within play

Examples:



“It’s time for bed, do you want to brush your teeth or put your pajamas on first?”



“Do you want to sit in this chair, or that chair for dinner?”



“It’s time to go to school, do you want to put your shoes on first or your jacket?”



“Tablet is not available right now, would you like to play with the Legos or read a book?”



“It’s time to leave, when we get home do you want to play on the tablet or PlayStation?”



“Would you like to drink out of the red cup or the blue one?”