

Early Years Team

Making choices

Try and introduce choices at an activity that the child likes e.g. if the child is motivated by food, start offering choices at snack time. Hold the items far apart (if you hold them close together, the child may reach for both at the same time) and say: "crisps or apple?" Look at each one as you name it. Hopefully, the child will then be able to choose which one they want – children will make choices in different ways e.g. they may:

- **Name which one they want e.g. "apple"**
- **Point to their choice**
- **Point and make a noise e.g. "er"**
- **Look at the one they want quickly or for a few seconds**
- **Reach for/grab**

When they have made their choice (in any of the ways described above), you can then name the one that they want e.g. "apple" then give the apple to them at the same time, so they associate the word and the object.

If a child is motivated by a toy, try using a toy you know they like and a toy they are less motivated by. This will encourage them to make a real choice to get their favourite toy.

Please don't ask the child to copy you and say "apple" – they may do that when they are ready.

Links

Example of making a choice of two [Making Choices using Objects](#)