**Manchester Local Care Organisation**

**Children’s Speech and Language Therapy Service**

**Advice for Parents and Carers:**

**Giving Choices to Your Child**

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| Letting children choose helps them learn words and communicate more. |
| When you give children two options, like “Do you want milk or juice?” they learn how to ask for things. |
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| Say the names of the things you offer clearly. Ask your child to say what they want. If your child cannot talk, they can point to what they want. |
| Try asking your child to choose …  **… when getting dressed** |
| Example: |
| Do you want trousers or a T-shirt? |
| Do you want a jumper or socks? |
| **… at snack time** |
| Example: |
| Do you want milk or juice? |
| Do you want an apple or a banana? |
| Do you want carrot sticks or raisins? |
| **… when playing** |
| Example: |
| Do you want cars or bricks? |
| Do you want the book or the train? |
| Do you want crayons or chalk? |
| **… at mealtime** |
| Example: |
| Do you want cereal or toast? |
| Do you want peas or beans? |
| Do you want yogurt or custard? |
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