



Manchester Local Care Organisation

Children's Speech and Language Therapy Service

Advice for Parents and Carers:

Giving Choices to Your Child

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.

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?