

Strategy Spotlight Sheet: Offering Choices

What It Is

Offering choices means giving your child options to pick from—using words, gestures, or objects. This helps them communicate and feel more in control.

Why It Helps

When you offer choices, you support communication by giving your child a clear reason to respond. It encourages decision making and helps them practice using words, gestures, signs, or pictures in a meaningful way.

Try It Out

- Ask, “Do you want milk or water?” while showing both cups.
- Hold up two toys and say, “Car or ball?”
- Toward the end of a meal, ask, “More or all done?” while showing signs paired with the words.

Next Steps

- Keep the choices simple—start with just two options.
- Give your child time to respond by pointing, looking, or making a sound or word attempt.
- Talk with your SLP about using choices to reduce frustration and to build early language.

Notes:
