

# This or That

## Primary Objectives

1c. Takes care of own needs appropriately

## Why It's Important

Offering two choices to your child allows her to play an active role in decisions that affect her. Giving your child two options and encouraging her to follow through with her decision will help her to think through the outcome of her choices in the future.

## Materials

Pairs of toys such as blocks and cars, books and puzzles, or a shopping cart and a plastic hoop

## What You Do

1. Place the two toys you have chosen side-by-side on a shelf or on the floor. Remove any other toys from the immediate area to clearly define your child's choices.
2. Invite your child to play with a toy. Explain that she may choose between the two options in front of her. *Would you like to read this book about frogs or put together this animal puzzle?*
3. Allow her adequate time to make her decision. When she chooses a toy, guide her away from the shelf or floor area to reinforce her choice.
4. Offer feedback about her choice. *I see you working on the animal puzzle you chose. Can you show me where the horse goes?*
5. If your child has difficulty choosing between two desired objects, allow her to change her mind, but only after putting away the toy she had originally chosen.