

Making Choices

Primary Objectives

1c. Takes care of own needs appropriately

Why It's Important

Learning to make choices is an important life skill. A starting point for learning to make choices is for your child to indicate a preference for a specific activity or location by saying a word, pointing, or using some other action.

Materials

None

What You Do

1. Being in unfamiliar surroundings can cause anxiety for many children. As your child becomes more comfortable in a setting that isn't his home, you might notice that he begins to express what he wants to do.
2. Any anxiety that your child feels may prevent him from playing independently. Give him time, and support him with your presence until he relaxes enough to make a choice. Allow your child to express his own choices and decisions. *Would you like to play with the tractor, or would you rather look at a book together?*
3. Look for other opportunities for your child to make choices. On your way to the playground, talk about what he would like to do. Ask him to name two things he enjoys doing at the playground. *Which would you like to do first: play on the swing or ride the tricycle?*