**Choices** (only offer 2)

(Remember to make them visual whenever possible)

- **Getting dressed**—“Pants or vest?”
- **Mealtimes**—“Sitting here or here?”
- **Tidying up**—“Cars or mat away first?”
- **Getting in the car**—“Which door?” (point)
- **Going out**—“Coat or shoes?”
- **Shoes on**—“Which one first?” (hold up/show)
- **Out and about/Holding hands**—“Which hand are you holding? This one or this one?”
- **Bedtime**—“Teeth brushed or toilet?”
- **Going to bed**—“Holding hands or by yourself?”

Use choices whenever and wherever you can. They really work!

Good luck 😊