

Choices Poster

Children who find it difficult to follow instructions benefit from adults using choices to distract and guide them. They also give the child some responsibility over their actions. Try the following choices with your child when looking at common instructions. Try and make these choices as visual as you can!

Getting dressed

Instruction:

"(Child's name). Time to get dressed"

Choices could be:

- Pants or vest?
- Skirt or top?
- Sock or jumper?
- This shoe or this shoe?

Coming in from outside

Instruction:

"(Child's name). Time to come inside"

Choices could be:

- Walking in forwards or backwards?
- Jumping or hopping?
- Giant steps or tiptoes?

Tidy up

Instruction:

"(Child's name). It's time to tidy"

Choices could be:

- Choice of 2 things that s/he has been playing with to tidy away glue or paper? Books or coloured pencils?
- Are you flying them into the box or lifting them in?

Bedtime

Instruction:

"(Child's name). It's time for bed."

Choices could be:

- Race you. Am I going to get upstairs first or you?

Good luck!