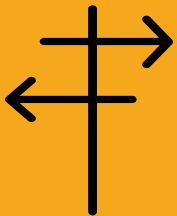


Offering Choice

Offering choices to children is a proactive strategy that will

↑ engagement and compliance while ↓ challenging behaviour
(BIAS, 2019)

Types of Choices



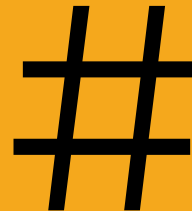
This or that?



Who will help?



How to do it?



How many?



What colour?

Examples of Choices

It is time to have lunch, would you like soup or a sandwich?

It is time for work, would you like help from Mom or Dad?

It is time to go for a walk, would you like to walk fast or slow?

It is time to clean up, would you like to put away 3 or 4 blocks?

It is time for a worksheet, would you like to use a blue pen or a green pen?

TIPS FOR CHOICES

- Only offer things that are available
- State the choices while giving the initial instruction
- Offer 2-3 choices

WHY OFFER CHOICES

- Gives your child autonomy and a sense of control in their day
- Avoids power struggles and prevents negotiations (BIAS, 2019)

References:
Behavioral Interventions and Solutions. (BIAS). (2019). Mastering the art of controlled choices. Retrieved from: <https://biasbehavioral.com/resource-library/>

