USING CHOICE AT HOME
A Step-by-Step Guide for Families

1. Determine what types of choices you would feel comfortable offering to your child and create a menu of choices.

2. Use the menu to select the choices to offer each day.

3. After you have made your “choice menu,” offer these choices to your child during the identified setting or activity.

4. Ask your child to make their choice.

5. Provide wait time for your child to select their choice.

6. Listen to (or observe) your child’s response.

7. Remind your child to make a choice from one of the available options if they have not made it within the time you gave them.

8. Praise whatever choice your child makes and provide them with the option they chose.

9. Offer your child a chance to give feedback on the choice they made.

For additional resources for families, please visit ci3t.org/covid