






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

