

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 😊