



30 Choices to Give Your Child

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Here are some suggestions on things you can give your children choices for, obviously, you will need to customize them to fit your specific situation!

Morning Time

- Would you like to wear the red or the white shirt?
- Do you want to put on your shirt or your pants first?
- Would you prefer to get dressed in your room or in the bathroom?
- Would you prefer to get dressed or eat first?

Meal Time

- Which plate/bowl would you like?
- Do you want cereal or oatmeal?
- Do you want your sandwich cut in triangles, rectangles, or squares?
- Do you want 1 or 2 scoops of fruit?
- Would you prefer 2 or 3 scoops of vegetables?
- Would you prefer milk, water, or juice?
- Do you want a spoon, a fork, or both?

Chores

- Would you prefer to do your chores now or in 5 minutes?
- Do you want to sort the laundry or pick up your room first?
- Would you prefer to have music on or off during chore time?
- Would you prefer to sort the laundry or sort the silverware?

Bed Time

- Would you like me to read 3 or 4 books tonight?
- Do you want to sit on the floor or in my lap while I read?
- Would you like to put your PJs on first or brush your teeth?
- Do you want to brush your teeth in the bathroom or in front of the hallway mirror?
- Would you like to sleep with your head at the top or the bottom of the bed?
- Do you want to take 0, 1, or 2 books to bed with you?
- Do you want the door open or closed?

Other

- Are you going to wear or carry your coat?
- Would you like to walk or tip toe down the hall?
- Which board game would you like to play?
- Do you want to watch TV or play a video game?
- Would you prefer to color or play with Play-Doh?
- Should we make brownies or muffins?

- Would you like to _____ or do you want me to?
- Should we play in the backyard or go to the park?

Further Reading

For more information, visit my website:

http://mylittlebitoflife.com/?page_id=631

<http://mylittlebitoflife.com/?p=3461>

<http://mylittlebitoflife.com/?p=3566>

<http://mylittlebitoflife.com/?p=3510>