

# Idea 1: Provide Choices

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## Purpose

Offering your child choices is a simple and effective strategy to support them to complete schoolwork, chores, and other commitments in their daily routine.

Create and offer a new menu of choices each day, to keep your child motivated and engaged in their routines. Choices can be provided in a range of different ways including (but not limited to):

- a preferred item/activity to 'work for', e.g. ask: 'What are you working for today?' (The preferred activity/item is received after they have completed the task. See: *Increasing Independence at Home: a Toolkit for Families, Tip 1 Motivating Children*).
- preferred people to complete homework with or places to work from
- what order to complete tasks in
- a number of homework tasks/activities to complete (e.g. choosing three subjects, from six).

Your child's preferences may or may not change over time. Regularly rotating options to choose from will keep your child motivated and engaged to select their choice (i.e. it might be hard to get a response if they aren't interested in the options available to them).

Be flexible with how children choose to communicate their choice. Depending on your child's ability this could be by verbalising, pointing, writing or looking at preferred options.

Limit the choices you present each time – sometimes, less is more!

## Steps to follow

1. Determine **what choices** to offer your child.
2. Offer **new** choices every day.
3. Consider **how you might ask** your child to make their choice – then **ask** them.
4. Provide **wait** time.
5. Be **flexible** with how the choice is communicated.
6. Listen to and **honour** your child's response.
  - Remind them again, if needed.
  - If no response is received, consider offering different options or ask again at a later time.
7. Provide your child with their **preferred option**.