

# Using choice boards with your child

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Choice boards show your child through pictures / photos what is available for your child to choose from. Choice boards can support communication, show your child what is available and support them to make their own decisions throughout the day. Choice boards encourage your child by giving them options of activities/items available to choose and allowing them to choose what happens next. Offering choices can support your child's motivation and participation, and is likely to reduce their frustration.

## Use choice boards for

Preferred items (tablet, toys, cars)

Activities (arts and crafts, colouring, books, lego)

Food items (biscuit, fruit, milk)






















Outings (park, shops, home)

Songs/nursery rhymes

rhymes

## How to use choice boards

- Use pictures, symbols, objects (depending on what is most suitable for your child– you can discuss this with your Speech and Language Therapist (SLT)) to create a board.
- Some children will need larger choice board pictures so that they can point or look at the option they want. Some children may be able to have smaller pictures: talk to your SLT about this. Other children will be able to take a Velcro symbol card off of a choice board and hand it to you.
- Show your child the choice board and, if needed, read the choices aloud, pointing to each one as you say the word. This will help your child to learn the words if they are less familiar.
- Ask your child to make a choice.
- Wait for your child to show you which item they want either by pointing, looking or handing the choice card to you.....or they may choose by saying the word. Choice boards may help children with developing speech.
- If your child is choosing something to use straight away, such as a snack or activity, give the child the choice immediately.
- Let your child see you using the board too (modelling). So point to the pictures if you are choosing something too or to talk about what they have chosen.

 I want	 I see	 thank you
 drink	 biscuit	 apple
 cake	 crisps	 banana
 book	 sand	 bricks
 pens	 farm	 puzzle
 shoe	 jumper	 trousers
 coat	 sock	 hat

 bubbles	 wind-up	 playdough	 book
 puzzle	 blocks	 game	 bus
 barn	 color	 cups	 all done

Children's  
speech and  
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## Top tips

- If your child is easily frustrated, only give options that are available and appropriate at that time. Your child may become frustrated and less likely to use the choice board if their choices are not respected or available. Put a Velcro strip on the back side of the choice board to store extra or unavailable choices or cover up unavailable choices.
- Some children find it difficult if presented with more than two or three options at a time, while others can choose from several options. If a choice board is not helping your child communicate, it may have too many or too few choices.