



IES Grant #
R324A160086

Prevent Strategy

Provide Choices Between Activities

A good way to get children engaged in an activity or routine is to provide them with a choice between activities. Choices allow children to select their preference for different activities, which increases their motivation and reduces the likelihood they will engage in challenging behavior.



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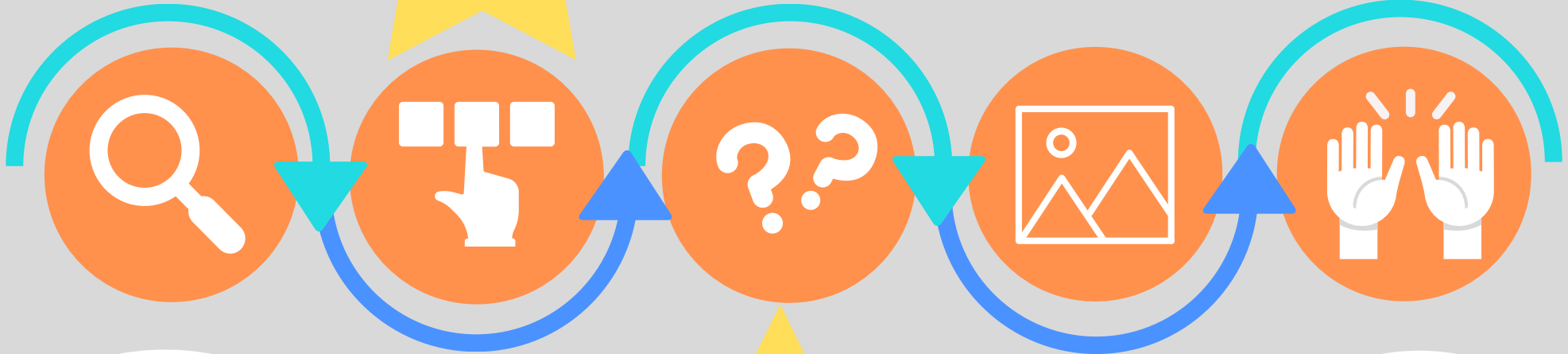
Identify a time in your day when you could provide your child with a **choice of activity** to engage in.

Choices should not be punitive like "stop yelling or time out."

Be sure the choices you provide are activities your child likes to engage in.

"Do you want to build with blocks or take a walk outside?"

Honor your child's choice by allowing them to engage in the activity and provide **positive descriptive feedback** for choosing.



"Do you want to eat snack or play on your iPad?"

Provide your child with a choices of activities **PRIOR** to times when challenging behavior is likely to happen.

Limit choices to 2 until your child gains independence.

You can pair the choices you provide with visuals of the activities to help your child make a choice.

"Nice job choosing! You can have your doll."

 For more information on providing a choice between activities, click [here](#). 