

Getting Ready

- January -

I can choose the activities and resources I want to play with
and help tidy them away when I am finished.

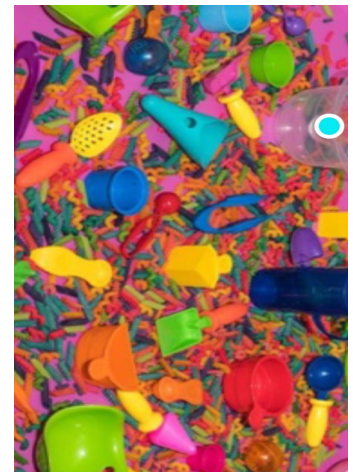


Allowing children to make choices will help to develop their independence and decision making skills. Offering simple choices whilst children play or undertake their daily routines will also allow the children to feel they have some control of their environment, as they express their preferences and wants.

Share the following QR code with families from your settings. There are some useful ideas about ways to introduce choices and decision making into daily life. For example, during bed time routines, at meal times and whilst getting ready in the morning. [Making Choices](#) | [Let's Talk NHS Lothian](#) | [Using Words](#) | [Using Words \(scot.nhs.uk\)](#)

Messy play allows children to explore and experiment with their independent ideas, as they explore materials and textures: Within your setting you could consider:

- Letting children pick the size, colour and shape of the materials.
- Providing different textures and feels. This is great for sensory development but will also help your child to express likes and dislikes.
- Don't worry about the end product! It doesn't have to look perfect, just their own creation and learning process.
- Asking open questions. "What will you do next?" and "What will happen if...?" are great ways to encourage your child to experiment with and explain their ideas.



Children thrive on routines and being able to anticipate what will happen. Using "Now and Next" cards, can help a child to start to plan their own choices and express what they would like to happen. If a child is upset that they have to stop playing to have lunch, then show them the next card and let them pick an activity for after they have eaten. They will begin to associate the routines with options and choices throughout the day. You can also use the next card to help anticipate when it is time to pack up and tidy toys away.