Ages: 2-3

This one or that one?

1 min



What to do:

1. You're heading out for a walk: "Will you wear this hat or that one? Which one do you want?"
2. Once they've chosen, ask: "Why that one?" Accept any answer: "red", "soft", "I like it".
3. More choices: "Drawing or playdough? Apple or banana?"

Try this too:

Let your child offer *you* a choice between two things - then explain why you picked yours.

Adaptation

- **Harder** - just make the choice, no "why" needed.
- **Easier** - "if neither was allowed - what would you pick as a third option?"

When you revisit in a month:

"We once picked a hat and explained why. Today's choice is tastier: an apple or a pear? And why that one?"

What we practised:

"Choice + a small 'why' is the first step towards reasoning. The child learns: my decision has a reason, and I can say what it is."