My Communication Menu

Normalize different communication styles and give children workable options.

FOR THE CHILD · You can draw, point, write, or skip.

Choose how a pretend child might share a preference: talking, drawing, pointing, showing a card, writing, or waiting.

Today I might prefer to: speak / draw / point / wait.

If I need space, I could use: a word / a card / a gesture.

A grown-up can help by: listening / offering a choice / waiting.

You can leave any part blank. You do not need to explain why.

My Communication Menu · Grown-Up Notes

Normalize different communication styles and give children workable options.

Why offer this page?

Normalize different communication styles and give children workable options.

How to invite your child

Choose how a pretend child might share a preference: talking, drawing, pointing, showing a card, writing, or waiting.

A simple example

“Would you rather show me or tell me? Both are okay.”

What to avoid

Offer genuine choices that fit the child’s communication needs and abilities. Silence, nonverbal communication, or a different format should not be treated as lack of cooperation.

When to pause

Stop if your child asks, appears distressed, or no longer wants to participate. Make room for a break. Consult a qualified professional for persistent or serious concerns.

Boundary: do not use this page to process traumatic memories or imitate EMDR treatment.