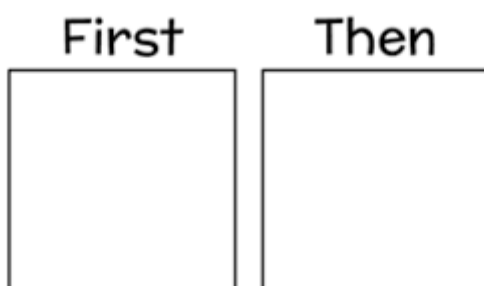


How can I encourage my child to do the things we need to do?

(For example put on their shoes, mark making, playing with something or even drinking)

A **'first and then'** board is a visual strategy which really can help a child to process what is being asked of them when used with simple language.



It shows two pictures, the **'first'** usually being the non-preferred activity and the **'then'** being a preferred activity.

You can (and it's helpful to) use the board regularly with your child so they learn how it works and what you're expecting from them. Know your child and be realistic with what you're expecting; for example, many children may only work on the **'first'** step for thirty seconds whilst another maybe five minutes.

Your child's key person can share with you how your child currently works with the board within the setting to give you more insight of where your child is at.

You may already have a board which you can use with pictures and velcro or you can make a simple board from a laminated piece of paper or use a wipeable board with felt pens which can be drawn on and rubbed out. This is often quicker and can be more accurate than finding pictures of what you need. Keep drawings simple and you don't have to be an artist, after all, you will use keywords with it!

