

First and Then Board

A 'First and Then Board' can be used to support your child's understanding of daily activities, routines and when things will happen.

Using photos/symbols to show what will be happening can:

- Reduce difficulties with transitions and waiting.
- Reduce need to rely on memory.
- Reinforce/back up staff's spoken explanations.
- Reduce need for your child to rely on others to find out what's happening next.
- Support understanding of sequences.
- Be used to explain changes in routine
- Be used to facilitate choice making.
- Reduce repetitive questioning.

Setting up the 'First and Then Board':

You will need photos or symbols which reflect your child's daily activities.

You will also need a "First and Then Board".

The board can be used at all times of the day, inside or outside of the house.

Using the “First and Then Board”:



Step 1: Set up the first 2 symbols that you will need. These symbols should represent the first 2 activities your child will be doing.

Photos should be displayed in the order that they will happen.

Use simple language to tell your child what is happening: e.g. “First it is time for your shower, then you will get dressed. “



Step 2: When the first activity has finished, direct your child back to the to the planner.

Take off the first symbol, use simple language to tell your child what is happening: e.g. “Shower is finished.”

Use the sign for finished to reinforce the message.



Step 3: Move the next symbol to the 'first' space



Step 4: Put up the next activity that will follow.

Use simple language to tell your child what is happening, e.g.: “First its time to get dressed, then we will have breakfast.”

It is important that the symbols are always updated to represent what is happening. Everyone should try to use this consistently.