

## First and Then Board

### WHY:

'First and then' boards are to support children who find change and transition confusing and difficult. It tells a child what they have to do now and what will happen after. It enables an adult working with the child to be able to encourage the child to complete 'work' or an activity they may not like because then they get something rewarding. It is also useful for teaching sequences.

### WHAT:

It is a simple strip of reinforced card with two pieces of Velcro for the 2 activities, with the words 'first' and 'then' on it.

### HOW:

Initially start with 2 fun activities. Place the symbol/photograph/picture of the 1<sup>st</sup> activity above the space for 'first' and then the 2<sup>nd</sup> activity above the space for 'then'. Encourage the child to complete the 1<sup>st</sup> activity. When it is completed help the child take off the corresponding symbol and then show them what they are to do next.

After the child is able to follow the board with support, place activities the child is reluctant to do on the 'first' space (e.g. brushing teeth, work, painting, etc) and a rewarding activity for the child above 'then'. Follow the procedure as above.

### WHERE:

At home, at school, when you are going out.

### WHO:

For any child who finds change and transition difficult and words alone can not tell them what they need to do, or what is going to happen next.

### WHEN:

Each day. It is better to use it to show and encourage your child to complete 2 sequential fun activities as well as one non-preferred activity and a rewarding activity. This will prevent them from just associating it with having to do 'horrible' things.