



How to use 'help' cards

WHY:

Children sometimes don't know how to tell those around them that they need help; they may wait for the adults to recognise the signs the child has not started their work, or needs help to complete an activity.

Help cards are introduced to teach the child

- That it is ok to say I need help

HOW:

It is important that those around the child begin to become active and requests help for everyday functional activities.

- Try to encourage the child with to ask for help in any given situation.
- If the child doesn't verbalise the help request, encourage her to do so as soon as she asks for help by non-verbal means.
- Over time, as the child begins to understand what the 'help' card represents, they will begin to use it independently.

SABOTAGE ACTIVITIES TO ENCOURAGE CHILD TO ASK FOR HELP:

- Turn coat sleeves inside out
- Lock plates and cups away during snack time
- Lock motivators away, but keep them visible
- Keep doors locked, or provide fobs/keys that don't work
- Provide pens that have run out
- Pieces missing from puzzles/toys during non-directive play
- Volume – too high or too low
- Hide clothes or shoes away
- Hide all the chairs (except the adults)

IDEAS FOR EVERYDAY FUNCTIONAL SKILLS:

- Opening doors
- Tying shoe laces
- Putting on coats / zipping coat
- Tying shoe laces
- Dressing

- Putting in puzzle pieces
- Turning on tap
- Flushing the toilet
- Starting a piece of work

If you have any queries, ask your Speech and Language Therapist.