

FIRST-THEN BOARD

A first-then board provides children with information regarding what is going to be happening. Rather than a longer visual schedule, a first-then board keeps the expectation very simple. It often works very well when a child needs some motivation to do a less preferred activity. "First I do this, then I can do this."

FIRST

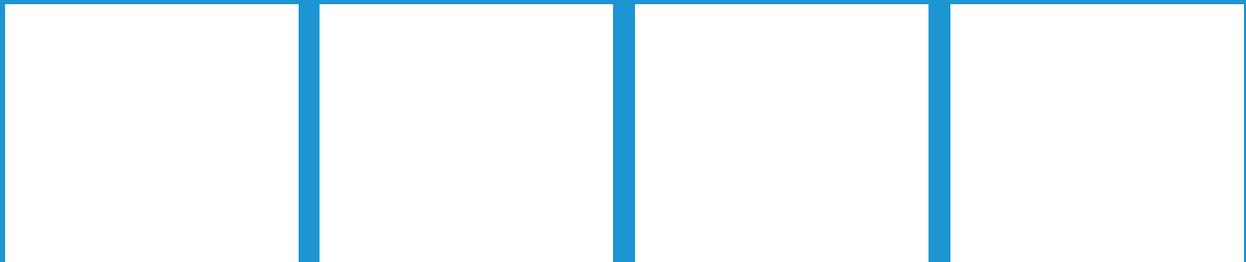


THEN



CHANGE CARD

You can introduce and use a change card to help children understand and deal with changes in their schedule. When children are rigid, changes can be so hard! When beginning to use a change card, use it for changes that are positive. For example, if the schedule has an activity that you know is not preferred by your child, use the change card and then put up a picture of one of their favorite activities instead. Once they are used to this, you can use it for any changes!

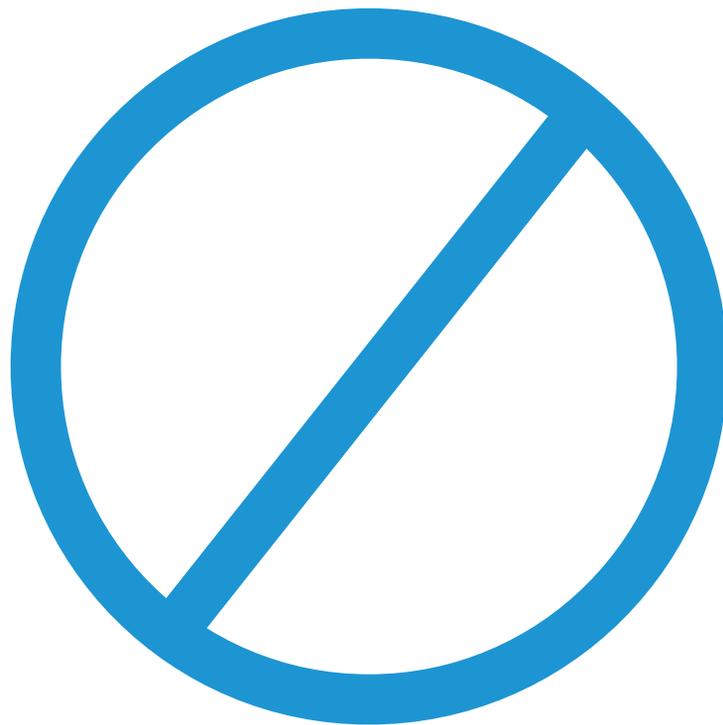


Cut these out to use.

ALL DONE BUCKET

An all done bucket is so helpful when children are playing with favorite toys or items. The way an all done bucket works, is that you set a timer to let your child know how long they have left with their toy/item. Give reminders. Then, when the timer beeps, help them place the object into the all done bucket. This may be difficult at first, but once this is done consistently, it becomes part of their routine and you will see less resistance. You can simply use any basket, bucket, or bin for this. You can print off the visual support below to place in the bottom of the bucket or tape to the side.

ALL DONE



STAR CHART

A star chart can be used as a form of "duration mapping." It can help count down time for children to help them prepare for a transition. This can be used instead of a timer, because it gives you more flexibility as to when to end the activity. Once you use this over and over, children will start to understand it. Here's an example: You are at a playground and leaving is usually difficult. A little bit after you get there, place one star on the strip and say, "there's one star, four more and then car."

Continue to do this based on the amount of time you will be there. You can also base it on how your child is doing. If you sense that they are getting tired or worn out you can place the stars on the strip faster so you can leave on a positive note, before a meltdown occurs.

