

First and Then

MTW SPEECH AND LANGUAGE THERAPY

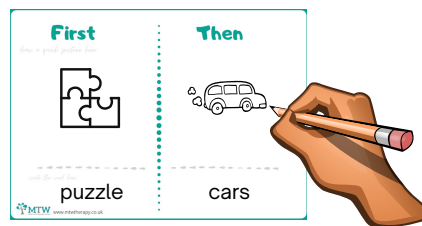
WHEN SHOULD I USE IT?

First and then boards are really helpful for teaching your children routines, helping them to understand the concept of time and following an adults lead. It empowers your child to know that the 'fun' activity is coming. They can see what they need to do to achieve it with a definite start and end point.

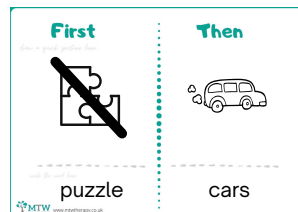
WHAT SHOULD I DO?

To begin with, find two activities your child enjoys and set them to one side.

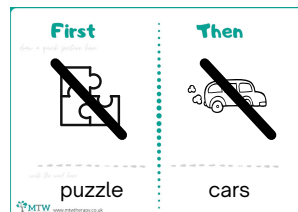
- Show your child the order they can play with the toys by drawing a quick picture of them and write the word underneath. You can use the first and then grid in materials or draw your own on paper or a whiteboard.



- Once your child has had a short turn with the first activity, show them it's finished by saying "finished" and putting a line through the picture. You can then say "now cars" and let them play.



- When your child has finished the second activity again tell them its finished and show them on the board.



You can then begin to lengthen the time your child spends on the 'first' activity and/or replace it with something they are less likely to enjoy.

**IF YOUR CHILD IS STRUGGLING:
SHORTEN THE AMOUNT OF TIME SPENT ON THE
FIRST ACTIVITY**

FOR MORE INFORMATION AND ONLINE
COURSES PLEASE VISIT:
WWW.MTW.THERAPY.CO.UK