



Supporting your young person while they are at home

We understand that having your young person at home may be a challenging time for your family. Changes to the young person's routine can lead to confusion and they may not want to engage in activities that you might need them to.



Using a visual support called a First and Then board will help the young person to engage in activities that they don't find motivating but are necessary e.g. having a bath, brushing their teeth, completing homework from school.

When the young person has completed the activity that you have requested e.g. getting dressed they are given a quick reward of a motivating item/activity.

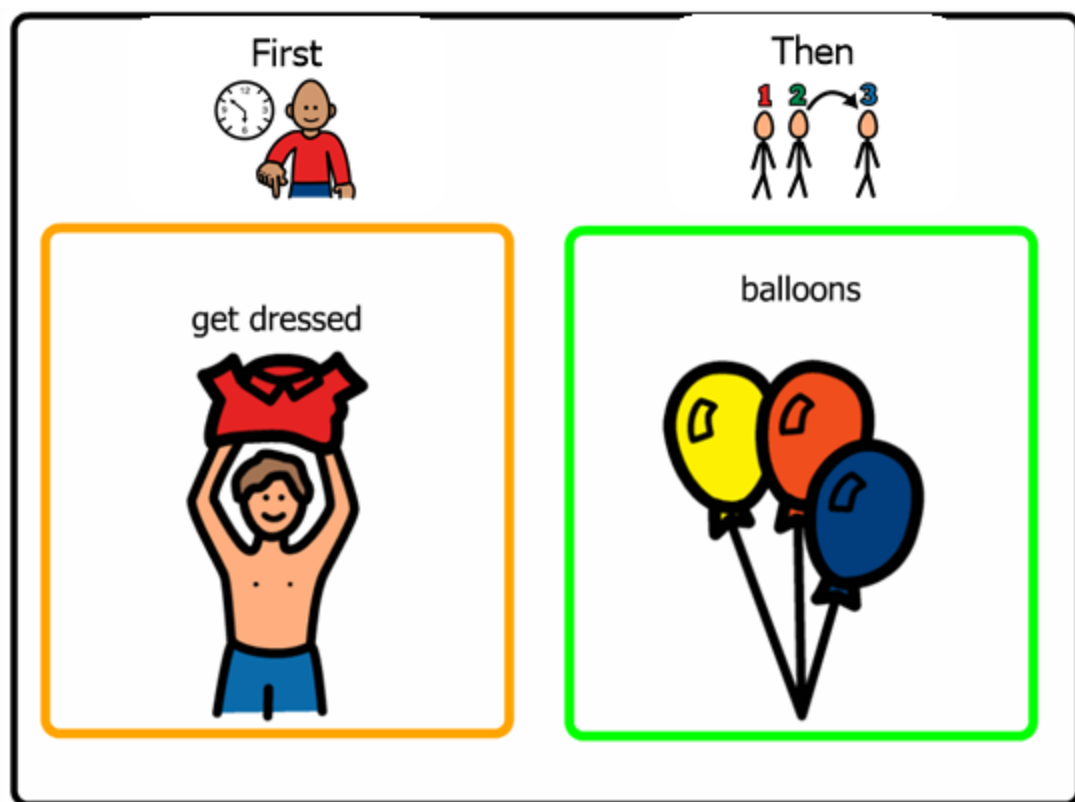


Young people are familiar with using First and Then boards in school.

How to use First and Then boards at home



The 'First' symbol is the activity that you want the young person to engage in, usually a non motivating activity.



The 'Then' symbol is the young person's reward. This must be highly motivating to the young person.

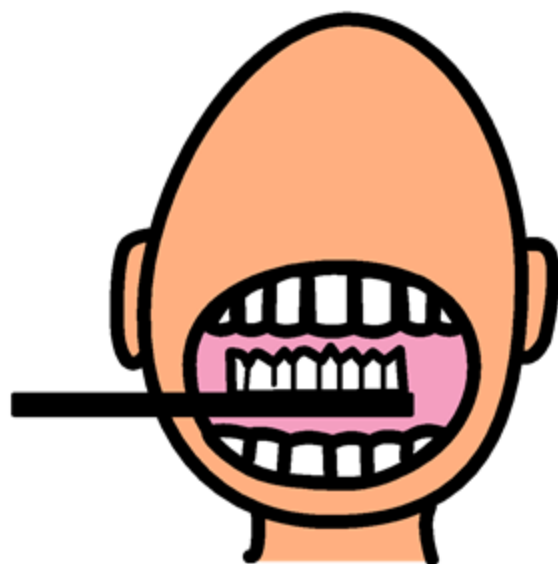
Remember: As soon as the young person has completed the activity you have requested they must be given the reward immediately. Rewards should be time limited e.g if the reward is watching Television a limit should be given for how long they can watch it for.

Example of a First and Then board

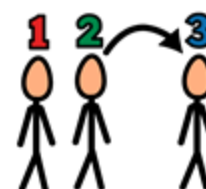
First



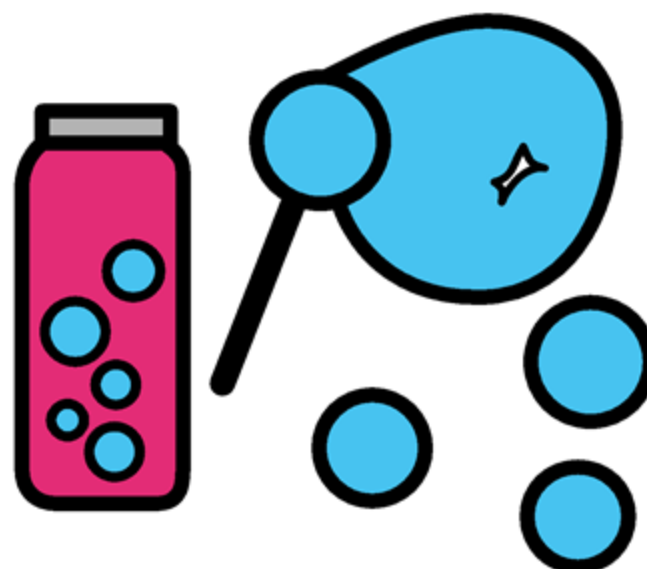
brush teeth



Then



bubbles

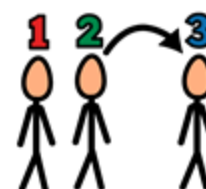


Example of a First and Then board

First



Then



homework



TV

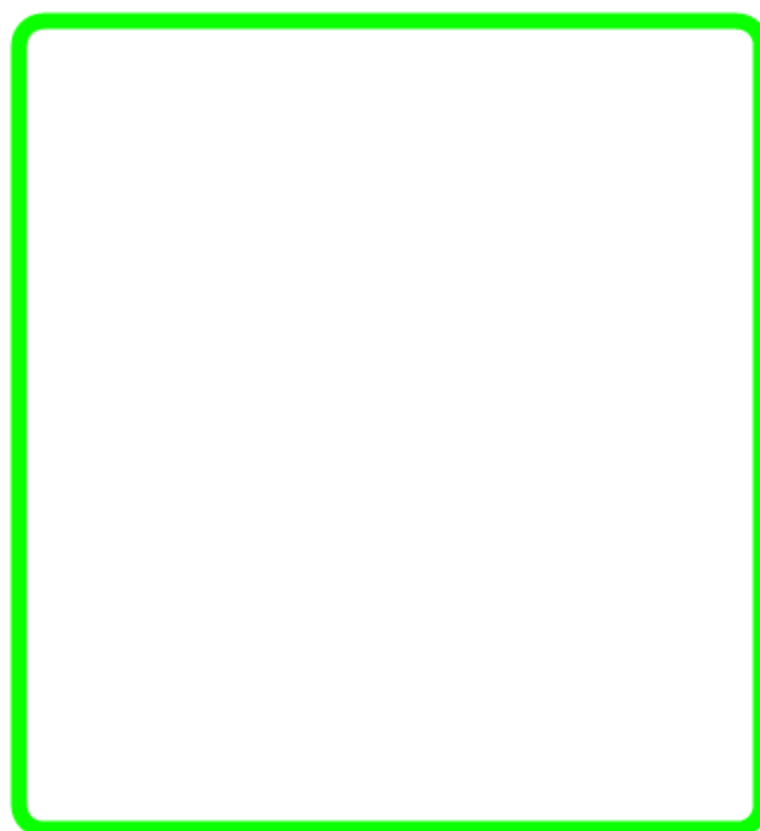
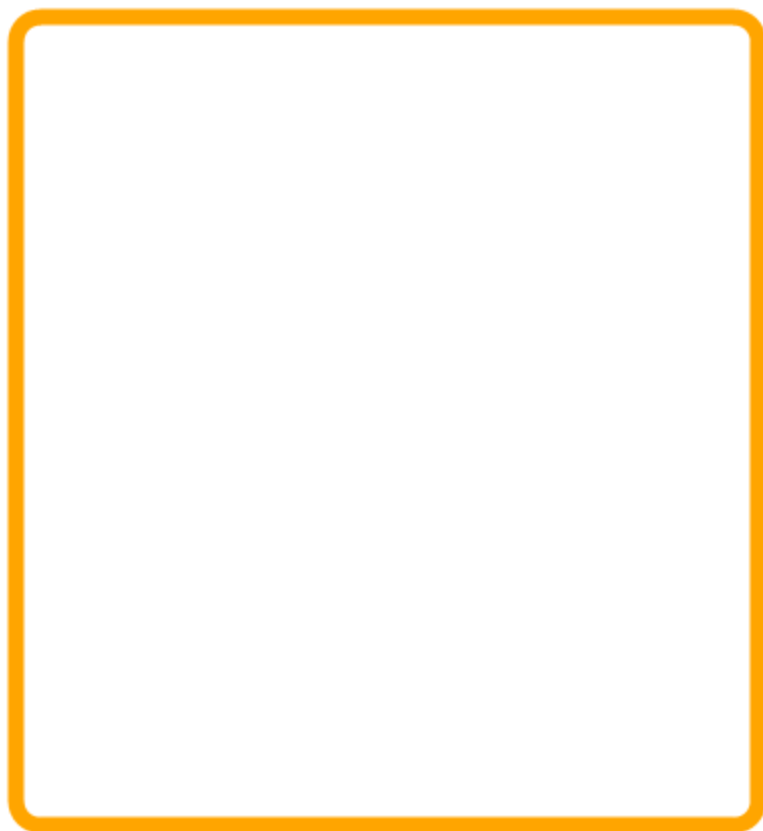
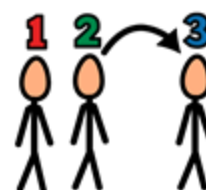


Blank First and Then board

First



Then



Examples of symbols for activities you might want the young person to engage in.

Cut out the symbols and laminate, place the symbol that you need under the 'First' symbol on the board.

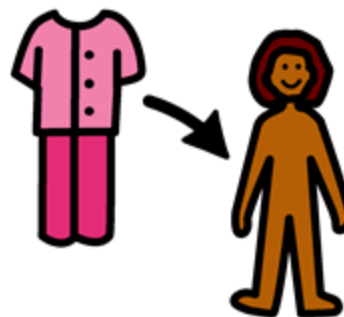
get out of bed



get dressed



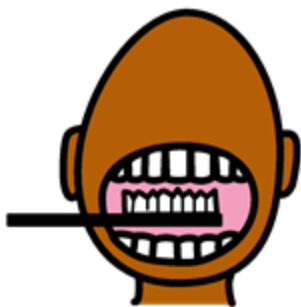
get dressed



wash face



brush teeth



brush hair



brush hair



shower



eat



wash hands



take a bath



care fo rmy pet



Examples of activities you might want your young person to engage in.

exercise



chores



take medication



shower



take a bath



wash hair



dry hair



put pyjamas on



get in bed



homework



homework



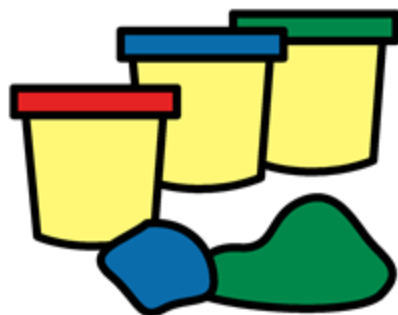
tidy up



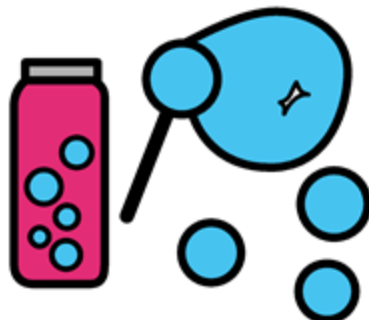
Examples of activities you could use as a reward

Cut and laminate the symbol you need and place it under the 'Then' symbol.

Play Doh



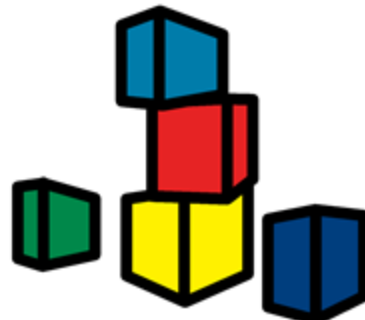
bubbles



balloons



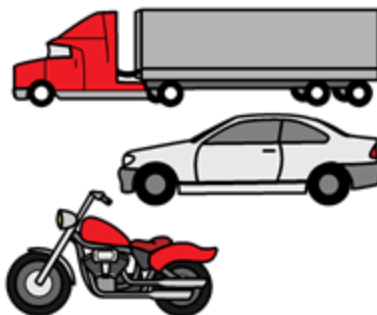
blocks



puzzle



vehicles



painting



art and crafts



colouring



messy play



listen to music

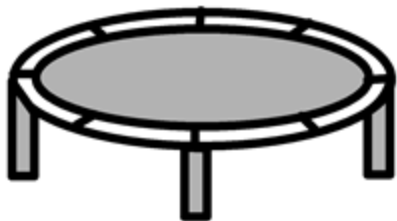


watch TV



Examples of activities you could use as a reward

trampoline



play football



catch



ball



bike



water play



chase



sand pit



water plants



digging



scooter



swing



Examples of activities that you could use as a reward

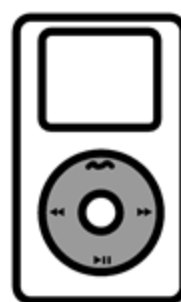
iPad



computer



iPod



playstation



xbox



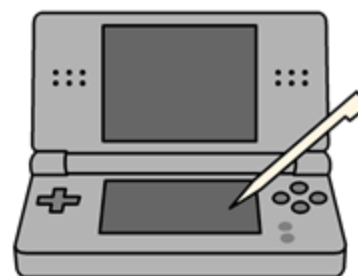
nintendo switch



wii



DS



game boy



mobile phone



laptop



television



Examples of activities that you could use as a reward

youtube



help kidz learn



cbeebies



something special



pop song



nursery rhymes



the chase



social media



video chat



Examples of activities you could use as a reward

play in sand



water play



foam



rice



shredded paper



leaves



therapy ball



bounce on ball



tent



light up toys



sensory toy



swing



If you require any further advice on how to use First and Then boards with your young person please contact their Teacher or Speech and Language Therapist.