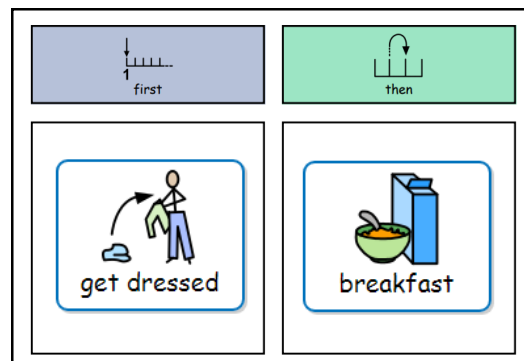


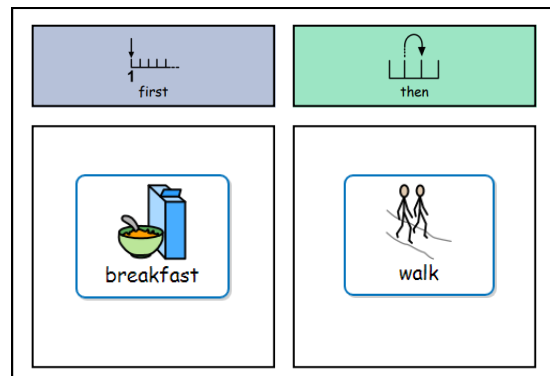
Using a “First and Then”/ “Now and Next” Visual Timetable

1. Cut out the symbols from the “daily routine” sheet, you may find you do not need all of them, put those aside, as they may be useful in the future.
2. You will need blue tac or something you can stick the symbols onto the “first and then” board with.
3. Prepare the first 4-6 symbols you will need that day, so they are easy to find when you need them
4. Place the first 2 activities on the board for example First “get dressed”
Then “breakfast”



5. Get down on your child's level, show them the timetable and point to each image, slowly saying “ first get dressed, then breakfast”
6. If your child becomes distracted by the second symbol “ breakfast” you may want to cover it with your hand, so they can see only the “get dressed” symbol and say again “ first get dressed”
7. Then start to help your child with getting dressed (do this as soon as possible after showing the symbol)

8. Once the first activity is finished you will remove the “ get dressed” symbol to show it is finished. Tell your child “ get dressed is finished” (you may want to post the symbol into a box to show it is finished, or just store it in a safe place)
9. Then move the “ breakfast” symbol into the “first slot”
10. You can then add the next symbol, showing what will happen after breakfast e.g. “walk”, and again tell your child “ first breakfast, then walk”



Things to remember

- Your child may not understand these symbols initially, therefore you must **always** name the picture you are showing them.
- It is helpful to initially start with activities your child enjoys, so they are more willing to accept the First and Then board.
- It can be helpful to place an enjoyable activity in the “ then” box when encouraging your child to complete a less desirable task e.g. “ first brush teeth, then toys”
- Use the board regularly throughout the day, so your child can become familiar with it. Remember change can take time, so keep at it!