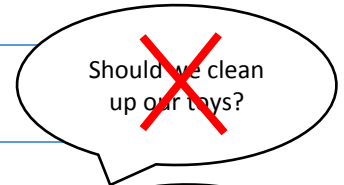


Following Instructions

BEFORE placing an instruction, be prepared to follow through.



Instructions are statements, not questions



Make DO statements, rather than DON'T



Have your child's attention.



Use 1-2 words; only one instruction at a time!

"Sit"

"Roll Car"

"Put in"

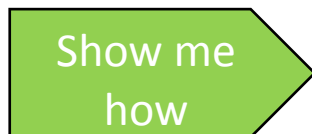
"Shoe on"

"Walk"

Give instruction ONCE, then wait a few seconds.



Repeat ONCE while you prompt follow through.



Reinforce!



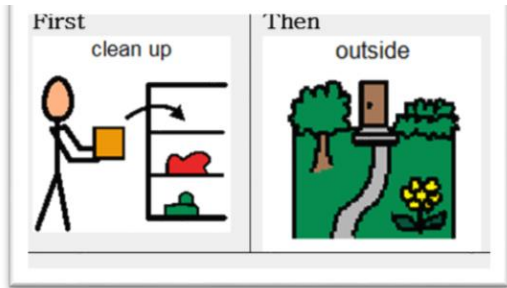
Visual Supports

Clarify the expectations.

Don't expect your child to immediately understand-we have to teach them what the visuals mean!

First-Then Board

- Use for one step work-reward tasks
- First "work" then FUN!
- The "then" must happen immediately after the "first" is complete, even if it requires a little help

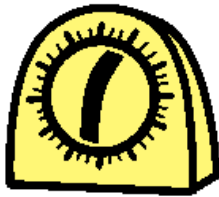


Choice Board



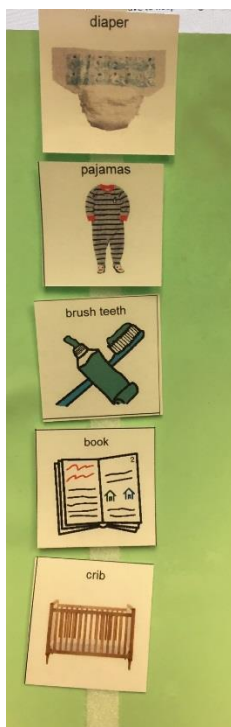
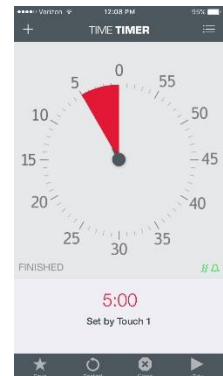
- Use to show your child what is available and for them to communicate what they want
- Start with two choices at a time and gradually add as your child is ready
- Can use actual objects instead of pictures
- Child can point to choice or remove the picture/item and hand it to you

timer



Visual Timer

- Use to help your child understand how long something will last
- Use for both preferred and non-preferred tasks (i.e. how much longer I get to play outside, how long I have to keep sitting at the table, etc.)



Visual Schedule

- Use for longer sequences of activities (i.e. bedtime, toileting, morning routine)
- Shows progression and what comes next
- Child should manipulate pictures when steps are complete

Not Available or Stop Sign



- Use to signify when certain things are not a choice right now (i.e. going outside or watching TV)
- Make sure to provide alternate choices for what they can do instead!

Setting Up for Communication

Offer Choices



- Offer choices even when you know what your child wants, to give them a chance to practice communicating.
- Start with an item you know they want and one they are not likely to want.
 - Ex: do you want cookie or shoe?

"Forgetfulness"



- "Forget" to give your child something you know they will need.
 - Ex: yogurt with no spoon, puzzle with no pieces, cup with no milk in it

Offer small amounts



- Pour small amounts of drink at a time. When it's empty, they can give you the cup to get more!
- Offer small amounts of snacks at a time. They can bring their bowl or point to what they want next!
- Keep control of pieces for toys. When they look up at you, give them another piece.

Set up the need for help



- Place preferred items in bags/containers your child cannot open.
- Give them the item and wait for them to give it back to you to request your help.

In sight-out of reach

- Place items on counters/shelves where the child can see but not reach.
- Teach them to point/reach to items they want.



WAIT for an attempt

- It is easy to automatically give things to your child when you can anticipate what they will need.
- Take a moment to WAIT for your child to communicate somehow before giving them what they want.
- Ex: hold their snack/drink and wait for eye contact or a reach before giving it to them.