How to use a First/Then Board

What: A first/then board is a visual display of something the child prefers that will happen after completing a lesser preferred task
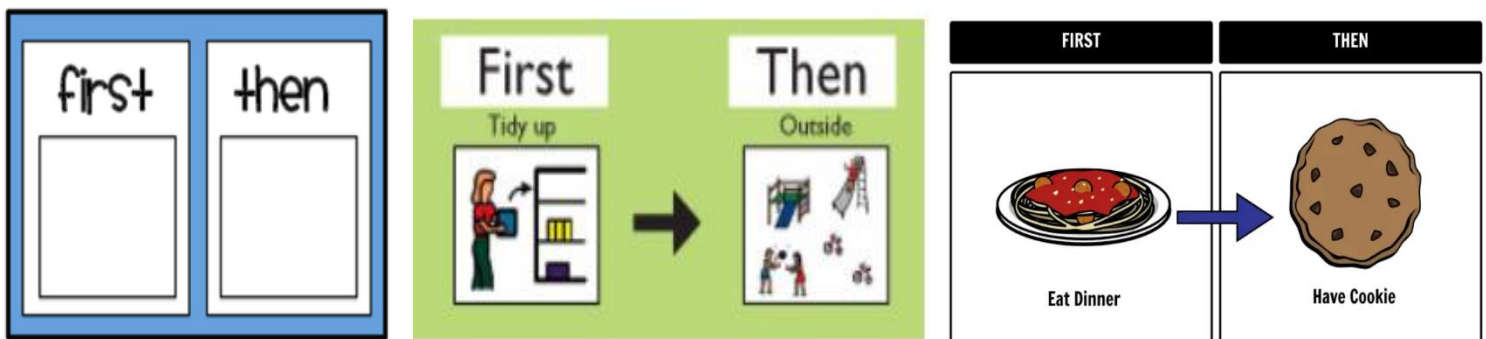
What are visual supports?

- Visual supports are images, pictures, photographs, drawings, words, etc., that are used help communicate a message to someone who has a difficult time using or understanding language
- The pictures help attach meaning to language

When to use:

- When teaching a child to follow directions
- When teaching them a new skill
- When they have difficulty performing more difficult/lesser preferred tasks

What does it look like?

How to use:

- Decide what tasks you want the child to complete and put it on the "first" column, and then put a preferred activity that the child can do immediately after in the "then" column. NOTE- the item in the "then" column should be highly motivating (enough to increase the chances of them doing to the lesser preferred task).
- Once you put the visuals on the board, present the board to the child and present them with a short verbal instruction using very little words. (i.e., "First pick up your toys, then go outside")
- Refer to board as often as necessary (i.e., "you have one more toy left, then outside!")
- When the child is done completing the item on the "first" column, refer to the board and say "all done___, now___" (i.e., "All done cleaning up toys, now outside!")

Tips:

- When using the board, make sure the item in the "then" column is given immediately after completion. This is so the student knows they can trust your word. If not, the board may not be as effective when used again
- If undesired behavior occurs, use the board to prompt the "first" task

First/Then Template:

First	Then