



The Red Door School

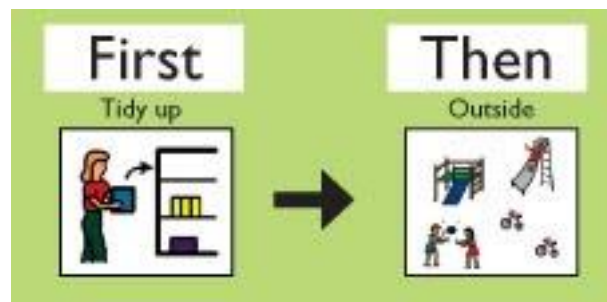
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First/Then

A first/ then is a simple visual tool that can support your child to complete tasks that they may not enjoy, find difficult or that may cause them frustration or anxiety. The first/then can support your child to complete a task without feeling frustrated or anxious when they know something enjoyable is coming at the end of it! Here is a short guide to using the first/then at home.

- Firstly, you will decide on the task or instruction you would like your child to complete, for example first they will tidy up their toys or first they will complete a school worksheet.
- Then you will decide, or ask your child to choose, a reinforcer that they can have completed the task i.e. they have tidied up their toys. A reinforcer is an item or activity that your child really enjoys. It might be a fun activity, their favourite toy or food snack. We all need to be motivated to complete things that we might not enjoy doing! For example, going for a run is not everyone's preference but the benefits that it brings motivate the person to keep on doing it. The same applies for your child and the first/then visual helps them understand that there is something in it for them!

Here is an example of a choice board and a first/ then board:



The first/then can be presented in whatever format is most suitable for your child, for example, visual, text, line drawing. You can download these simple visuals from our website, www.thereddoorschool.com

And remember, consistency is key!