



INCORPORATING VISUALS

Visuals help **make daily routines easier to understand and follow** by showing what will happen in a clear, predictable way. They support both understanding and communication and can also highlight motivating or preferred activities. This helps children feel more engaged and encouraged to complete tasks.

Using First-Then and First-Next-Then Boards

Visual boards help children understand what will happen during a routine or activity. They are especially helpful for children who need extra support with transitions, attention, or understanding expectations.

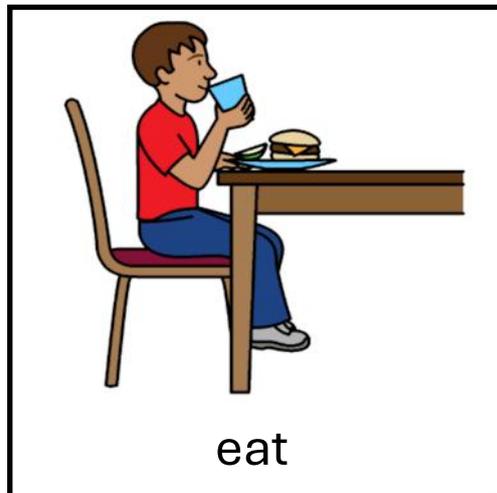
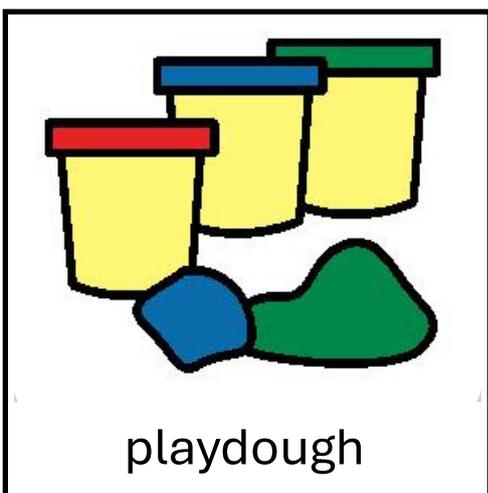
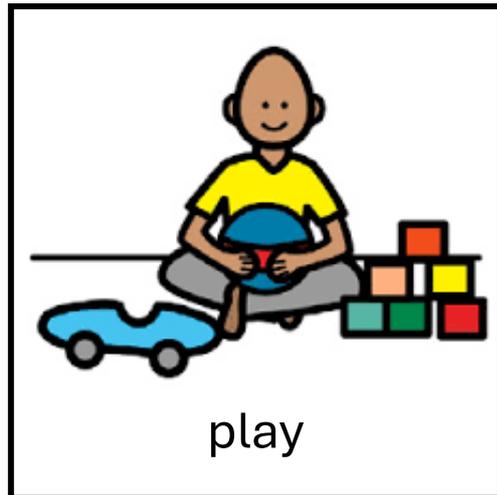
- **First-Then Board:** Shows a child what they need to do first and what comes next.
Example: “First shoes on → Then play outside.”
The “Then” activity can be something motivating to encourage participation, such as:
“First brush your teeth → Then playdough.”
- **First-Next-Then Board:** Adds an extra step for longer routines.
Example: “First brush teeth → Next put on pyjamas → Then story time.”
The “Then” step is often a preferred or fun activity that helps your child stay engaged through the routine.

How to Use Your First-Then Boards:

1. Print the board and place it where your child can easily see it. Laminating the board can make it more durable.
2. Add your own visuals, such as photos of your child’s toys, play areas, family members, or daily routines. Some examples are provided on the next page. You can attach pictures using velcro or blu-tack.
3. Point to each picture as you talk through what will happen: “First... then...”.
4. Praise your child and celebrate as they move through the routine.

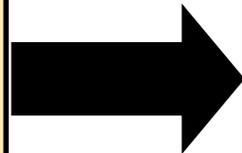
Tip: Using real photos can make the board more meaningful and easier for your child to understand. Pairing a task with a motivating “Then” activity can support engagement and cooperation.

Sample pictures you could use (from *Boardmaker*):



First

Then



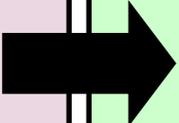
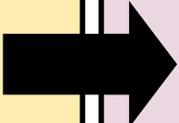
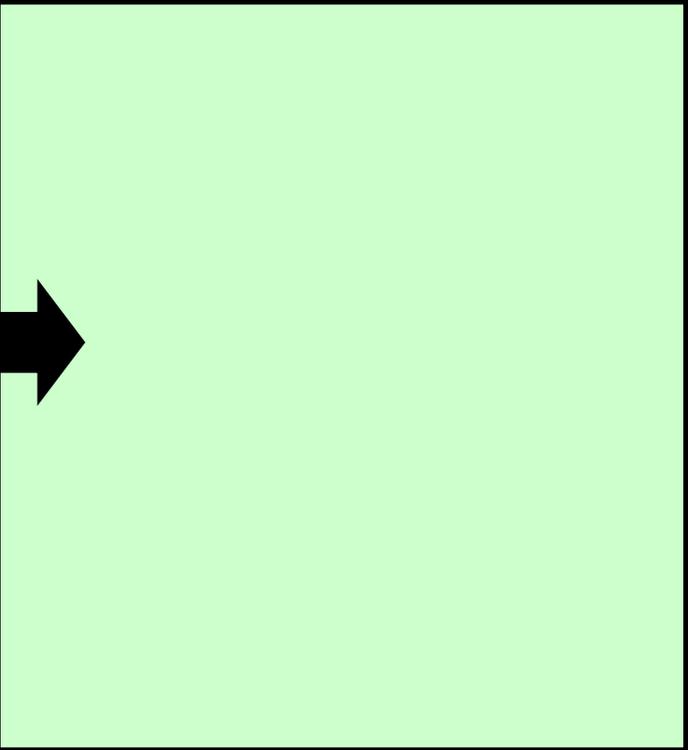
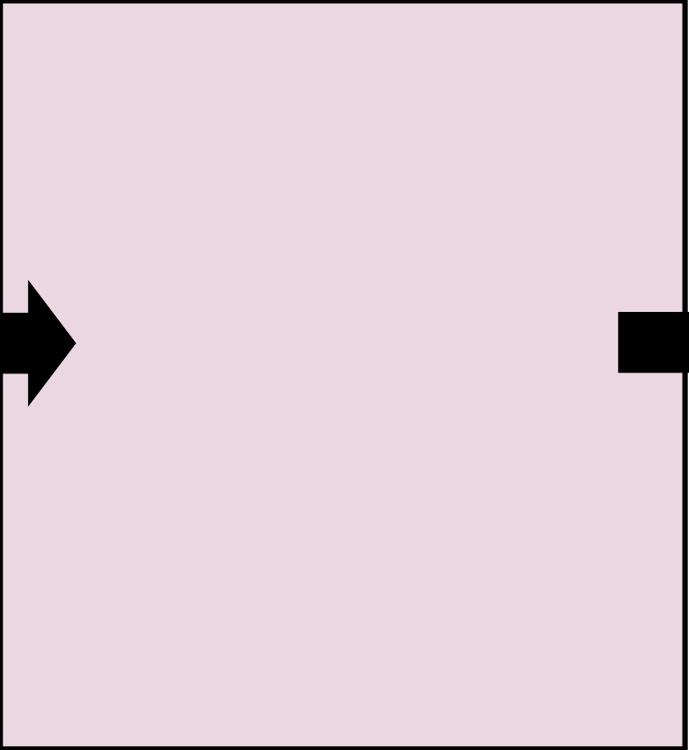
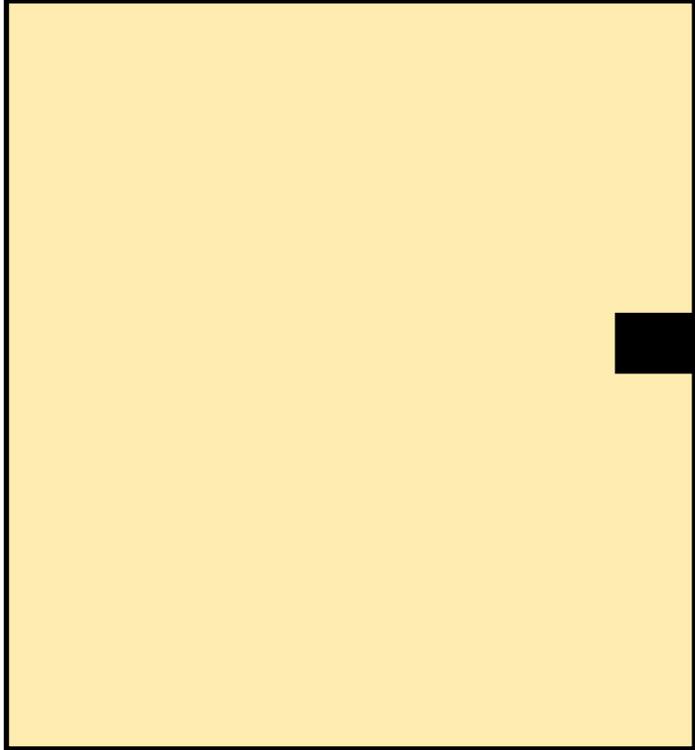
1

2

First

Next

Then



1

2

3