

ACT-NOW

FACT SHEET 29

Communication: First – Then



A Monash University, Centre for Developmental Psychiatry & Psychology Project
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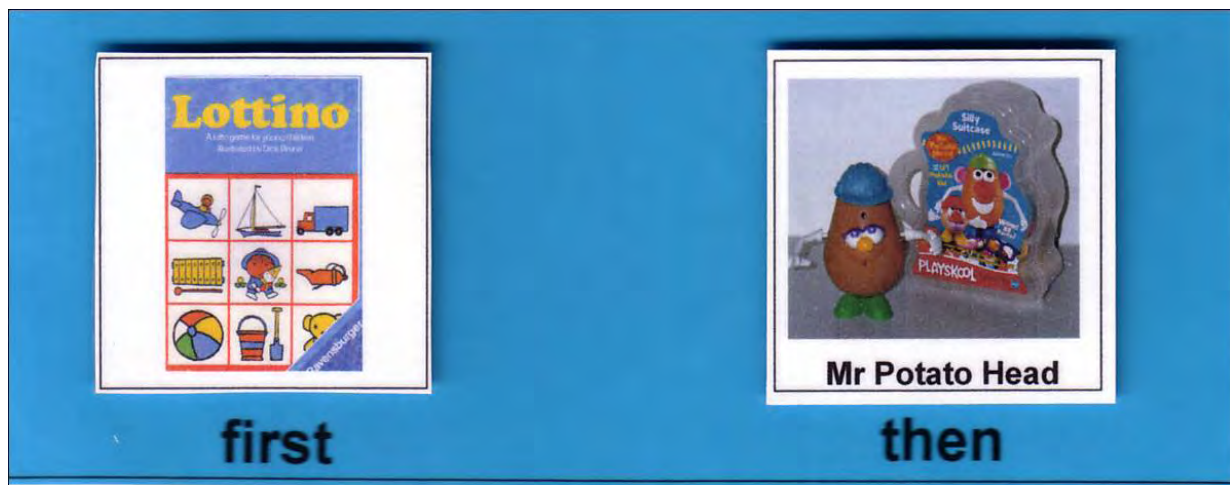
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Helping young children to communicate (Part 4)

What will I be doing?

Understanding the concept of first – then or to get across the message to a young child with autism that they can have something later rather than immediately is difficult! The use of first – then pictures can help.



Used to motivate the child:

First: play lotto (undesired activity but goal for the child),

Then: play Mr. Potato Head (child's favourite activity)

- Used to motivate a child to participate in an activity they would otherwise avoid

Used as a 2-step schedule:

- For a child learning to complete a sequence of activities, a first-then card can be used as a 2-step schedule
- The consistent presentation assist the child to learn the skill

Used to assist a child to move on the the next activity:

- For a child who demonstrates difficulty finishing a current activity and moving on to the next activity

For a child who demonstrates anxiety when unsure of the routine; finishing an activity can be anxiety-provoking because the child does not know what to expect next. A first-then visual can ease the child's anxiety by showing them the next activity.