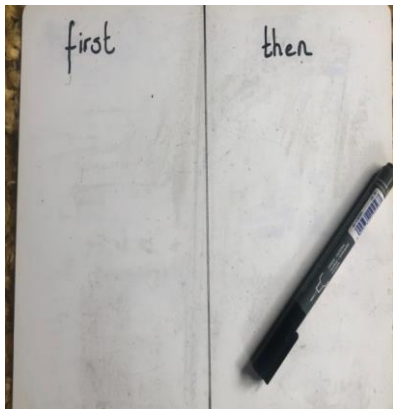




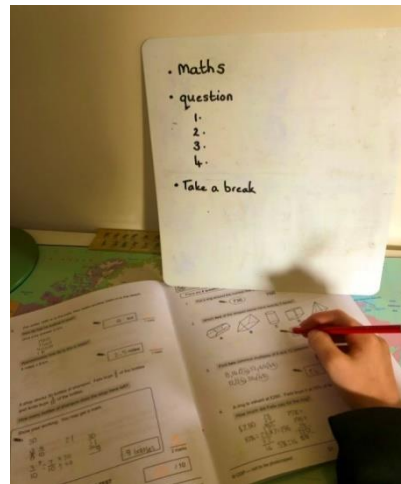
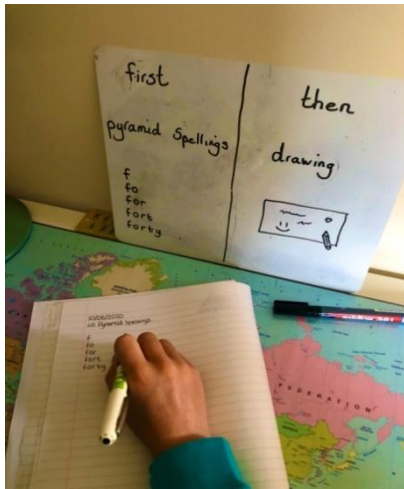
What is it?

- A visual communication resource, using simple line drawings.
- It is instant, not losing the moment looking for symbols.
- Use a whiteboard, pen /paper or post-it notes.
- Builds joint attention.
- A resource to make a “visual deal”.
- It is adaptable and portable. For anywhere, anything and at any time! Encouraging transitions in your setting to be more visual.
- Use spoken words “First...Then...”



Why use it?

- Can help provide structure and routine.
- Visual reminder.
- Supports predictable transition times around settings.
- Encourage independence and build confidence.
- Improves understanding.
- Can avoid frustration and anxiety.
- Encourage child to follow adult- led tasks.
- To make a deal, building in rewards and preferred activities.



Steps to success

- Remember to have a consistent approach. Agree on drawing a specific item and use it consistently. E.g. what to draw for playtime.
- Try to avoid adults drawing different pictures, it could become confusing for the child.
- Carry the whiteboard from task to task, transition times, it's portable.
- Remember to build in rewards and motivating activities.
- Allow time to process the deal.
- Be confident; remember its simple line drawings!

Further Information

<https://library.sheffieldchildrens.nhs.uk/visual-support-first-and-then-boards/>

