

Top Tips

Using Now and Next boards at home

Using visual strategies can greatly reduce a child's anxieties, helping them to anticipate and understand what is going to happen by providing structure and routine. A Now and Next board is portable and can be used to help children follow adult directed activity and to support them in anticipating routine and non-routine events.

Before introducing the Now and Next board, children need to understand the relevance of each symbol/photograph.

The Now and Next Board is a laminated strip of card with a space at each end for a symbol which represents an activity or event. The symbols are velcroed on to the strip under the headings **Now** and **Next**

Initially only use activities which your child is already motivated by. This will help them begin to notice the routine of Now and Next in a fun and motivating way.

Now and Next can be used to help children when leaving the house, supporting them to understand where they are going

e.g. **Now** Car, **Next** Nursery

Now bus, **Next** Asda

e.g.

- Show your child the Now and Next board, pointing to and naming each activity, "Now bricks, Next Bubbles".
- Guide them to play with the bricks. As the brick play draws to an end, look back to the Now and Next Board with your child. "Bricks finished"
- Support them to remove the bricks picture
- Look to the second picture and state, "Next bubbles".
- Begin playing with the bubbles straight away.
- Remove the bubbles picture once play has finished.

Once your child appears secure in this concept, it can be introduced for 'trickier' times e.g. "**Now** brush teeth, **Next** ipad". "**Now** clothes on **Next** trains"

