

## Using Visuals – Now & Next

### How do I do it?

1. Use the 'now & next' page below.
2. Start by taking photo's of two activities your child enjoys OR use small items to represent each activity (like a single Lego block for Lego and an empty bubble pot for Bubbles).
3. Show your child 'now' with the photo or object on it. Say 'now...' then name the activity. For example, if you are starting with Lego activity, say 'now Lego, next bubbles' and point to each activity on the board as you say them.
4. Start the activity straight away.
5. When you have finished, say e.g. 'Lego finished' and take the photo or object off the 'now & next' board. Model 'next, bubbles' and start the bubbles activity straight away.
6. When you have finished bubbles activity, say 'bubbles finished, put the bubbles away and take the photo or object off the 'now and next' board.

### Why should I do it?

We use images of things every day to help us communicate, like drawing a map for someone who needs directions to get somewhere new.

When you use images/real objects with your child, it helps them to understand your words more easily. This reduces frustration. Using a now and next board with your child will help them to transition to new activities.

You can use a picture or small object to represent an activity. Your child may also use these to show you what they want. Children will communicate more when it is easier for them.

IDEAS!

### Try using these ideas with your 'now & next' board:

#### Toys and games

Say 'Now, Sand' and show a bucket/spade. 'Next, Painting' and show a paintbrush.  
*Remember to use an exciting face to help keep your child's attention!*

#### Food / Going shopping

Say 'Now, Cereal' and show a toy bowl/ spoon. 'Next, Shops' and show a picture of the shops.

#### Daily routines

'Now, Brushing teeth' and show a toothbrush. 'Next, School' and show a school bag.

Using a Now and Next board in daily routines can help your child prepare for what's coming next. Sometimes, children become anxious when exciting activities they enjoy come to an end. A now and next board can show your child what is coming next, to avoid this anxiety of the unknown.

**Now**

**Next**