

# First-Then Board

A simple tool for transitions and “first this, then that.”

## What it is

A first-then board shows what’s happening now and what’s happening next. It works best when the “then” is something your child wants or understands (a break, a preferred activity, snack, etc.).

## How to use it

Tips for using it:

- start with 1 small “first” (10–30 seconds)
- point to the board while you say it
- keep words consistent (“First \_\_, then \_\_.”)
- follow through on the “then” to build trust
- if needed, pair with a visual timer

## Examples you can try

- First shoes on, then outside
- First 2 math questions, then LEGO
- First brush teeth, then story
- First clean up, then iPad (5 minutes)

## Quick reminder:

If your child gets stuck, reduce the demand (smaller “first”), increase support, and keep the “then” motivating. This is a tool — not a power struggle.

## Sources:

- Autism Society: Visual supports / visual schedules resources
- Children’s Autism Services (Canada): First-Then board tip sheet
- KidsAbility: Transition supports resources

# Printable First-Then Board

Cut out pictures/words, use sticky tack or Velcro, and reuse.

FIRST	THEN

Tip: Keep "FIRST" small to start. Make "THEN" something predictable and motivating.

**Notes / what worked today**