

Using Your First/Then Board

A First/Then Board helps your child understand what is happening now and what will happen next. It can make routines clearer, support transitions, and help your child know what to expect.

- Place the pictures on the board: Put the activity your child needs to do under FIRST and the activity that comes afterward under THEN.
- Show and say the plan: Point to each picture and use simple language: “First get dressed, then iPad.”
- Keep it visible: Leave the board where your child can easily see and refer to it during the activity.
- Show when “first” is finished: Remove the FIRST picture, check it off, or say, “All done! Now, then!” and move to the next activity.
- Use it consistently: First/Then Boards work best when children learn that the pictures reliably show what will happen.

Parent Tip: Start with a THEN activity your child enjoys or looks forward to. Keep your words short, point to the pictures as you talk, and follow through with what the board shows. With consistent use, your child can begin to understand routines and transitions more independently.

