

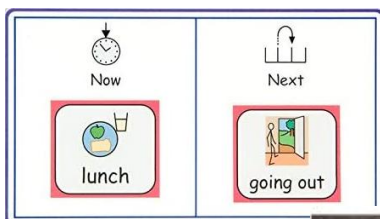
Now and Next

A now and next board is a very simple visual aid. It is a visual with now on the left and next on the right and space for a picture of what is happening now and next.

Children who have communication or attention difficulties will find it helpful to understand what is happening. Using the Now and Next strategy can reduce the pressure of communication on a child as they are able to use visual information, rather than just speaking.

Making the Board:

- Make the board as plain as possible using only simple, bold colours (see attached template)
- Laminate the board and add two Velcro spots to attach photographs
- Print and laminate photographs of a range of activities available to the child within the setting



Be prepared to persevere for a few weeks until the child fully understands the concept of the 'Now and Next' board.

For further ideas check out the video below.



www.gov.wales/talkwithme

How?

Make your voice interesting and keep language really simple.

Keep it consistent – always use a Now and Next board when transitioning to a different activity.

Using the Board:

- Some children may find it difficult to make a choice from all of the available activities, so it may be helpful to limit their choice to 2 or 3 photographs initially
- If the child tends to choose the same activity(s) over and over again, remove this photograph from their choice
- Alternatively, some children may need a preferred activity as the 'Then', acting as a motivating reward
- Help the child to physically remove the photograph from the board when they have finished the activity – this will help them realise that the activity has ended (initially they will need hand over hand assistance to do this)
- For children who find transitioning particularly difficult, it may be helpful to use a sand timer to help them prepare for the transition.

➡ **Moving forward...**

When you feel you are confident with this strategy, next, try introducing some **simple instructions**. Keep them **short** and **clear**, it is a good idea to minimise the language and use single key words.