

**FIRST**

**THEN**

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Hints: Keep your First Then statement simple.  
Example: First wash your hands, Then have snacks

Be careful that you don't use the First-Then statement only for undesired activities.

Make it part of your daily schedule  
First Play and Then Clean up.

Make several small first-then cards to have handy when you need to show your child a sequence in your daily schedule.

You don't have to have printed pictures for a first-then card to be effective. Draw simple pictures and make sure your child understands the meaning of the words and pictures you are showing.

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# Then



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Some children rely on and respond better to color cues than black and white. You can make the entire box a color but it's better to outline a white box in a color if your child is responding to that method.

If you use color boxes, keep the colors the same for quite some time. This will help your child remember that "green" is first (ready, set, GO, do this first) and that "blue" is next.

You can fade the colors as your child learns to watch, listen, and pay attention to the first-then statement.

# First



# Next



# Then



Hints: Keep your First Then statement simple.

Example: First wash your hands, Next dry hands, Then have snacks

This type of first-next-then is a good strategy to begin teaching more complex sequencing. It is useful for sequencing events from stories and books.

Example: First the caterpillar ate a lot of food. Next the caterpillar spun a chrysalis. Then he woke up and became a butterfly.

This is also useful for routine tasks such as brushing teeth.

Example: First put the toothpaste on the toothbrush. Next brush your teeth. Then rinse your mouth with water.

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