



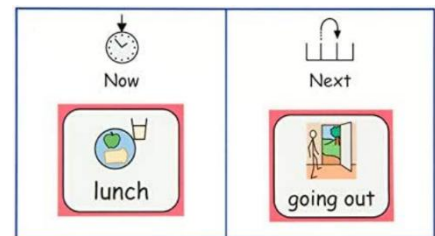
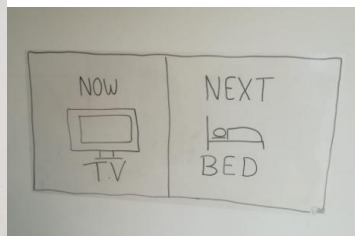
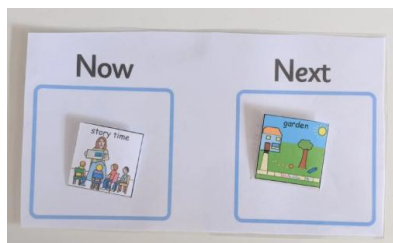
LINDON BENNETT SCHOOL
Main Street, Hanworth
Middlesex TW13 6ST
Telephone: 020 8898 0479

SPEECH AND LANGUAGE THERAPY PARENT HANDOUT

How to use a Now Next Board

What is a Now Next Board?

It is a type of Visual aid to support with communication.



How does it work?

By using symbols or photos or even drawing the activities, it helps support a child to:

- Follow instructions
- Develop attention
- Learn new vocabulary
- Explain what is coming next
- Help with routine

Why is a Now Next Board Important?

Now & Next boards can help to support with preparing a child for a change in routine.

1. Helping to explain *what will be happening next*. This visual information is key when a child has language difficulties and may not understand the spoken words
2. They help the child to *understand* the situation by reinforcing what has been said
3. They can act as a reminder to us so that we keep *repeating* what is going to happen, *preparing the child for a change*.

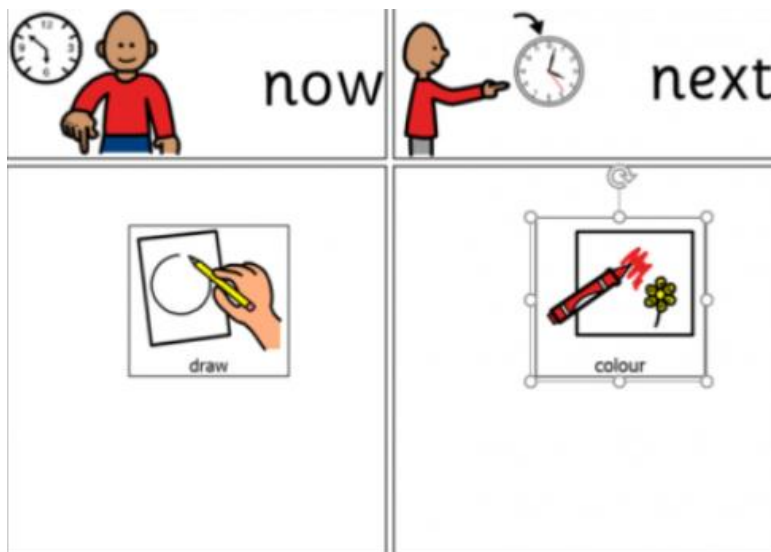


A Now & Next board has two parts:

- what is currently happening
- what is going to happen.

They therefore can be more flexible and portable as they can be adapted depending on the situation.

Example:



How should I use a Now & Next board?

- Place two symbols on the board i.e. one symbol that shows what the child is currently doing. This goes in the now column. The other symbol is what is going to happen next. This goes in the next column.
- Show the child the symbols, telling them 'now it's ____ next it will be ____'
- Draw the child's attention to the pictures as you do this
- As the child is engaged in the activity keep reminding them at certain intervals that now it's ____ next it will be ____
- Once the time has finished and it is time to transition say to the child '____ has finished'. Encourage the child to then take that symbol off the 'now' column.
- Take the 'next' symbol from this column and move it to the 'now' column. Repeat 'now it's time for ____ and next it's ____' (whatever the next activity is place this in the next column)
- For example, now = play, next = lunch; when play has finished now becomes lunch and next becomes outside



Important points to consider

- It is a good idea to encourage the child to move the symbols on. This way they are learning that activities come to an end and helping them to feel in control of a situation that they may be very anxious about
- Keep reminding the child of what is going on, drawing their attention to the now and next board
- Consider the order of things e.g. if a child needs to complete something they do not like then it is often a good idea to put something very motivating in the next column to encourage their engagement
- As soon as you know a change is coming prepare the child for this change

Remember to:

- Use the board *regularly*, especially for the same challenging tasks. This will develop your child's understanding of how it works and what is expected of them.
- Be consistent with language: "we are doing A now and we will do B next".
- Be realistic with time, your child may engage with the now activity for 30 seconds initially before moving onto the next. This is okay, you can increase the time gradually.
- A visual timer might support growing the length of time your child can spend on the now task.

Suggested areas to target when using Now Next boards:

- Places e.g. start with school; home; park; shops.
- Play-based activities e.g. bubbles, playdough, waterplay
- Daily routine e.g. "wash hands" and mealtimes: snack; lunch; dinner; breakfast.