

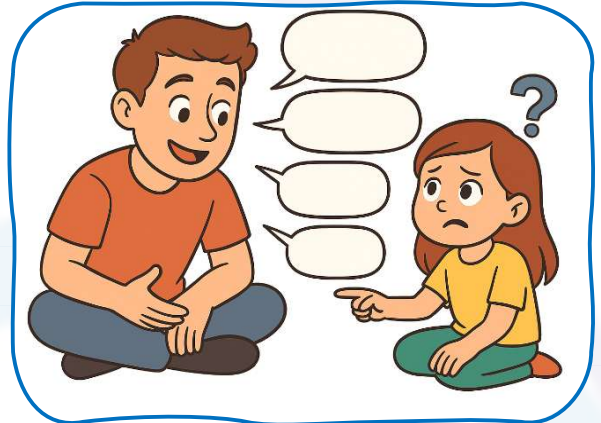
Supportive Steps: Understanding



Communication
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Simplify your language

Make it easier for your child to understand by using simple sentences. Try not to use long complicated sentences.



Identify the “key words”

These are the words your child **must** understand so they can follow an instruction. Identifying these can make instructions easier to simplify. For example, in the instruction “Make teddy jump on the rug” the key words are probably “teddy”, “jump” and “rug”.

“Chunk” instructions

Break instructions into small, simple steps or ‘chunks’. Instead of saying, “Can you brush your teeth then put your shoes on, get your coat and get in the car?”, give each direction one at a time: “Brush your teeth.” “Put your shoes on.” “Get your coat.” “Get in the car.”

Find out more
here:



Slow down!

Take time to slow down and try not to rush! This can help your child process the information you’re giving them



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Get on their level

Get down to your child's level when giving them instructions. Make sure they can see your mouth or any clues you're using to support them.



Visual clues

Use visual clues such as pictures or objects or Makaton signs to help your child understand familiar or routine instructions. For example, show them their shoes before going outside, or show them a picture of their grandparents before going to their grandparents' house.

Consistency

Try to use the same language consistently. For example, if you're talking about a "cup", try to only use that word. Try not change between "cup", "mug" and "glass".



Gain their attention

Make sure you have got your child's attention by calling their name or showing them a prompt in their eyeline *before* starting an activity.



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