

# Using objects of reference

Objects of reference are physical items used to represent people, places, activities, or ideas, helping individuals communicate. They can help support your child's understanding around transitions.

## Step 1

Identify key activities throughout your child's day that happen regularly. These could be:

### *At home:*

- Breakfast
- Brush teeth
- Play
- Nursery / School
- Shops
- Park
- Dinner
- Bath time
- Bedtime

### *At nursery:*

- Hello time
- Song time
- Snack
- Messy play
- Lunch time
- Nappy change
- Story time
- Nap time
- Home time

Select **three** of these events that you want to be represented by objects.

## Step 2

Select the objects you want to use to represent the events / activities you have selected.

*You can use examples on the back for ideas.*

## Step 3

Introduce your objects of reference by showing the relevant object to your child *immediately* before moving to the relevant place for an activity.

## Step 4

Complete the activity with your child, with the object of reference in view as a visual reminder throughout.

## Step 5

As your child gets used to the objects of reference, begin to reduce the amount of support you offer. For example, show them the object and wait to see if they look towards the right area, or move there independently.

# Examples of objects of reference

|                                  |                                                                                                                                                                                                                                                             |                         |                                                                                                                                                                          |
|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bathtime / shower                |          | Nursery                 |    |
| Mealtimes / snack                |                                                                                           | Nanny / Grandad's house |    |
| Going in the car / going out     |                                                                                           | Nappy change            |                                                                                       |
| Outside play / going to the park |                                                                                         | Soft play               |   |
| Bedtime                          |    | Shopping                |                                                                                     |