

## TIP SHEET: PROVIDING CLEAR INSTRUCTIONS

Providing clear expectations will set your child up for success, reduce the need to repeat yourself, and allow for increased independence.

### WHAT IS A CLEAR INSTRUCTION?

- Clear
- Brief
- Only said once

### HOW TO USE A CLEAR INSTRUCTION:

- Get your child's attention
- Provide the instruction as indicated above
- Use visuals (appropriate for your child) to outline what is expected of them during this time

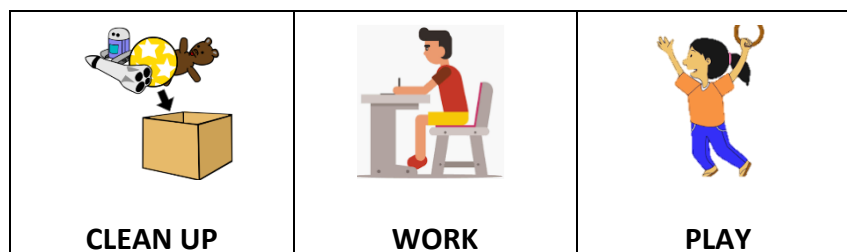
### TYPES OF CLEAR INSTRUCTIONS:

- First (non-preferred tasks) / Then (preferred tasks)
  - Use verbal instructions while showing a visual (if appropriate for your child)
  - For example, "first lunch, then play"



Source: <https://www.needpix.com/photo/628069/lunchbox-lunch-set-school-lunch-hot-dog-chips-milk>  
<https://publicdomainvectors.org/en/free-clipart/Child-in-a-play/72723.html>

- Visual schedules or task strips to show the steps of a job (e.g., a sequence of tasks to complete or the steps of washing hands)



Source: [https://commons.wikimedia.org/wiki/File:Toys\\_tidied\\_up.svg](https://commons.wikimedia.org/wiki/File:Toys_tidied_up.svg)  
<https://publicdomainvectors.org/en/free-clipart/Schoolboy-in-a-classroom/83373.html>  
<https://publicdomainvectors.org/en/free-clipart/Child-in-a-play/72723.html>

- It's okay if your child requires help to complete tasks

### WAYS TO HELP YOUR CHILD COMPLETE TASKS:

- *Modelling/Video models* – before asking your child to do a task, model the task for them or show them videos of skills you would like them to engage in.
- *Social narratives* – simple description or pictures of what to expect (make sure it is age/language appropriate).
- *Priming* – if appropriate, prepare your child for events or activities by breaking down what might occur during those activities or events. This can be done with a simple conversation, visual schedule, or social narrative.
- *Agendas/Goal setting*- Consider what your child is going to achieve during this time. What will they earn if they do it?
- *Rules* - if your child understands simple verbal language, you can post and be consistent with clear family rules, framed in the positive. If appropriate, have the entire family involved in creation of the rules. For example,
  - We walk in the house
  - We keep our hands to ourselves
  - We keep toys on the floor

\*Remember to **reward** your child with something they like for following instructions! This will encourage them to follow your instructions again in the future.

### WHAT IF MY CHILD DOES NOT FOLLOW THE INSTRUCTION?

- Determine if your child needs more support to follow the instruction (see examples above)
- Try again:
  - Make sure you get their attention
  - State the instruction and immediately help them through the task
  - Reward your child with *some* of their preferred item(s) because they were successful but required *some* help