



What is a ‘Now and Next Board’?

- It shows what is happening now and going to happen.

‘Now and Next Boards’ are not a reward system for behavior or co-operation

Why are we using a ‘Now and Next Board’?

- It can help your child understand what is going to happen next which can help reduce anxiety.
- A ‘Now and Next Board’ can help your child move from one activity to the next.

How to introduce a ‘Now and Next board’

Step 1 – Introduce ‘now’ symbols.

- To learn symbols, show your child the relevant symbol while they are doing an activity.
- Example: bubbles



Step 2 – ‘Now & Next’

- While following routines at home use ‘now-next’ to show what is coming next e.g. bath then brush teeth.
- While playing introduce 2 motivating activities e.g. bubbles then cars.
- Use consistent words ‘now bubbles, next cars’.
- Tell your child when an activity is finished by saying ‘finished’ and remove the symbol before moving on.
- Use a travel ‘now-next’ using an A5 zippy wallet and Velcro.

