

Now and Next

(Adapted from a Bolton NHS Foundation Trust leaflet)

What are 'now and next' boards and when are they used?

- 'Now and Next' boards are a type of visual schedule which can be used to support a child to know what is expected of them.
- It can help to create structure when completing an activity at a time when there is typically less structure.
- They can support a child during transitions and help them to know what is about to happen.
- It can help an individual know what they need to do before they are able to complete a more motivating activity e.g. "now... you get dressed, next... it's Breakfast".

Using 'Now and Next' Boards


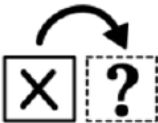
- Select which activities you wish to complete. Initially, make sure that you choose some motivating activities as the 'next' activity. This will help your child to become interested and ultimately accustomed to using the 'Now and Next' boards.
- Put the first activity on the 'now' section of the board and the second activity on the 'next' section of the board. Take the board to your child and say "'Now'... (e.g. brush teeth) 'next'... (e.g. story)" pointing to and labelling the pictures as you talk.
- If required, remove the symbol card representing the 'now' activity from the board and place it in front of your child and repeat this single instruction. This will emphasise to your child that they have to shift their attention away from what they are looking at. For example, place a symbol of 'washing hands' for lunch in front of your child when they are doing a "messy play" activity and say, "Now, washing hands".
- Initially you may want to keep the 'now' activity short, and quickly follow up with the 'next' activity. You can gradually increase the amount of time your child is at the

- 'now'/ non-preferred activity. When the first activity has been completed show the complete board again and say, "(use child's name) has "finished". Place the symbol into a 'finished' envelope or bag to help your child understand that the activity has ended. 'next'... " and take your child to the next activity.
- Move the 'next' item to the 'now' section and add another symbol to the 'next' section. Present the board to your child again and say "now... (e.g. story) next'... (e.g. bedtime)" pointing to and labelling the pictures as you talk before giving your child the new 'now' activity.

Key points to remember

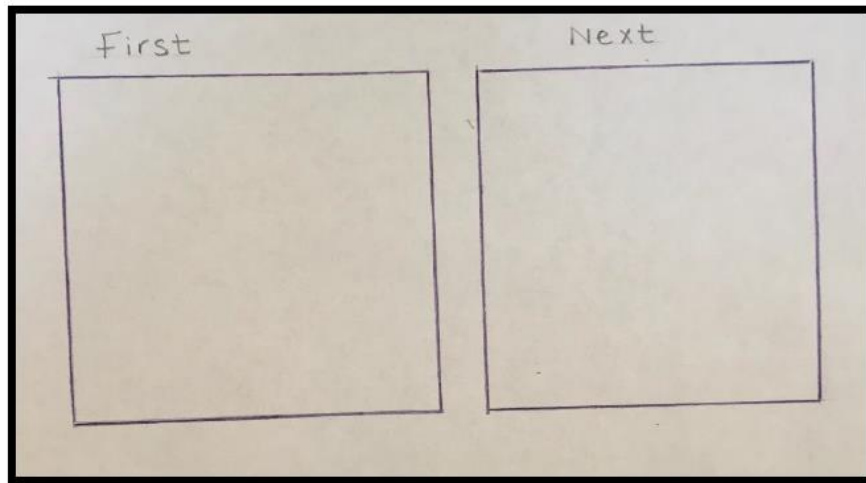
- The activity you are completing should always be represented in the 'now' section.
- You should always try to complete the first activity, even if your child is reluctant to engage with it i.e. you may only spend 2-3 seconds on the activity before then moving on to the 'next' activity.
- Like all visual schedules, children need time to develop their understanding of the symbols and the concepts. However, if your child has difficulty understanding representative symbols, you may substitute these for real objects e.g. a sock could mean, "get dressed" and a spoon could mean, "breakfast". They will also require time and teaching in order to understand how to correctly use the 'Now and Next' boards.
- You can also place the appropriate 'positive behaviour' symbol on top of the 'Now and Next' board as a reminder for your child and to support them in keeping to the sequence of instructions e.g. "good listening".

Now and Next
(Adapted from a Bolton NHS Foundation Trust leaflet)

 Now	 Next

Now and Next
(Adapted from a Bolton NHS Foundation Trust leaflet)











A handmade version of the 'Now and Next' board:



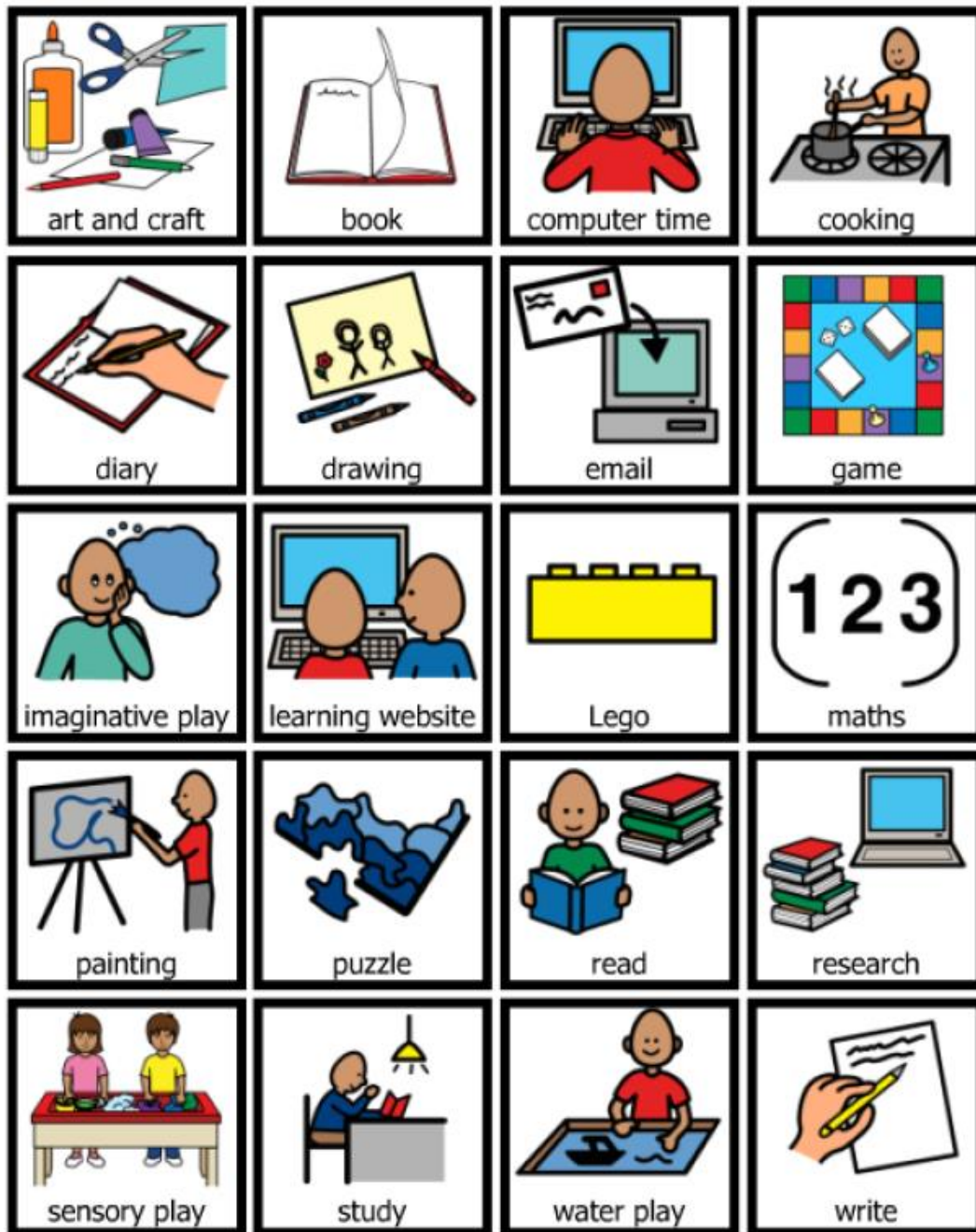
Now and Next
(Adapted from a Bolton NHS Foundation Trust leaflet)



This week I will:

M  	Tu  	W  	Th  	Fri  

Now and Next
(Adapted from a Bolton NHS Foundation Trust leaflet)



Now and Next
(Adapted from a Bolton NHS Foundation Trust leaflet)



Now and Next
(Adapted from a Bolton NHS Foundation Trust leaflet)

 <p>ball game</p>	 <p>card game</p>	 <p>device time</p>	 <p>film</p>
 <p>garden</p>	 <p>internet</p>	<p>Netflix</p>	 <p>park</p>
 <p>put on a show</p>	<p>social media</p>	 <p>swim</p>	 <p>tablet time</p>
 <p>trampoline</p>	<p>No image available</p> <p>video chat</p>	 <p>walk</p>	 <p>watch TV</p>
<p>Youtube</p>			