Speech and Language Therapy

'Now & Next' Boards

What is a Now & Board?

A now and next board is a resource where you put a picture/symbol showing an activity that needs to be done in the 'now' box, and a reward or treat in the 'next' box.

Why is a now/next board helpful?

- Helps children understand what will happen in their day
- Helps children to become more motivated complete activities because they can see that after the activity they can do something they enjoy.

How to set up a board?

You will need: -

1. A 'Now & Next' board. This is usually an A4 page with 2 boxes – a box for 'Now' and a box for 'Next'. If it helpful to laminate this so that it lasts longer.

2. Symbols or photos for different parts of the child's day (cut out and again laminated so that they last longer) e.g.
- activities they like e.g. IPad, music, TV
- things you want them to do e.g. bath, tidy up
- times of the day e.g. bed, snack time, dinner, nursery/school

3. Ideally you would use Velcro to attach the symbols/photos to the Now and Next board and store the other symbols/photos in a plastic wallet while they are not needed.

How to use a Now and Next Board

1. If you are using a 'Now & Next' board for the first time, select two activities that you know your child likes e.g. "Now snack, next play". Once your child is used to the idea of the Now and Next board you can introduce activities that are less motivating in the 'now' box e.g. "Now brush your teeth, next Ipad"
2. Show the board to your child and point to each symbol/photo on the Now and Next board as you tell them what is on the board. Use simple language e.g. - "Look, now it is play, and next it is snack time"
3. When the first activity has finished you can say - "play has finished (take the symbol off the board), next it is snack time" (point to the snack time symbol).

Extra Tips:

- If your child finds it tricky to move on from activities they enjoy, you could try using a timer so they can see when the activity will be ending.
- If they are able to, your child could choose an activity for the 'next' board as their reward for completing the activity in the 'now' box.

Next steps:

You can extend the board to include 3 boxes (Now / Next / Then).