**FIRST-THEN**



Then...

First..

**First-Then Statements/Boards**

First-then statements/boards describe a sequence of events that will occur. This can be helpful for showing which transitions/activities will occur and in what order. These statements are also commonly used to motivate an individual to complete a non-preferred activity, by rewarding completion of that activity with a preferred activity

* “First do your homework, then you can play videogames”

How to implement first-then statements/boards:

* Arrange tasks so that a difficult or non-preferred task occurs before a preferred activity
	+ For example, “First clean up, then you can play videogames.”
* Once the “first” task is completed, move onto the “then” activity as immediately as possible
* Ensure that the “then” (preferred activity) is only given after the “first” (non-preferred activity) is completed
* Use pictures or words on the first-then board depending on what the individual understands/prefers
	+ A visual is not absolutely necessary, a verbal statement may be sufficient depending on the individual!
* Ensure you accurately identify preferred and non-preferred activities/items

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| **DO** | **DO NOT** |
| * Put the “first” activity as a non- preferred activity
 | * Give the preferred “then” activity before the “first” activity is complete even if challenging behaviours occur
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| * Put the “then” activity as a preferred activity that he/she likes
 | * Put extremely difficult unknown tasks as the “first” activity
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| * Ensure the expectation is clear – e.g. for “Clean your room”, how clean does it need to be? Exactly what needs to be completed?
 | * Assume that a “then” activity for one person will work for everyone – individualize!
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| * Keep the first-then board visible
 | * Use words on the board if the individual cannot read
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