

## **How to use visual supports cheat sheet!**

(For those who want to cut the waffle and just get on with it.)

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Visual supports are evidence-based strategies that help modify behaviour. Here is a brief guide to how to implement them. This is a shortened version of the longer waffly article you'll find it on the website Resources page.

### *Step 1: Choose the right type of visual*

It must a) best suit the behaviour you wish to modify, and b) fit your family context.

### *Step 2: Ensure that a visual support will actually work*

Visual supports will not work in every situation and trying to force it will only make everyone frustrated. We want success! Some reasons to look out for are:

- There is an underlying reason for their behaviour that needs to be addressed first (eg. tiredness, medical condition, outside factors, etc).
- If they are as yet incapable of performing the desired action (eg. inability to self-regulate or control body, lack of comprehension, etc.).

It may be that you need to work on a different behaviour before tackling this one, or think of other intervention strategies.

### *Step 3: Create the visual support*

Make it, buy it, borrow it or ask someone else to figure it out for you.

### *Step 4: Implement the visual support*

1. Think logistics: placement, size, etc. (This is also the time to create a SMART goal if that's your thing).
2. Find a time to go through it with your child. Talk them through your expectations and the reasons why.
3. Practise using the visual support. Give them an official start date.
4. The day has arrived! Prompt or remind them/talk it through. Gradually move towards just pointing. Finally, allow them to fully take over.
5. Consistency is key. Don't stop and start: FOCUS.
6. Review it. Did it work? What changes, if any, need to be made? Does something else need to be worked on either in conjunction with it or do you need to put it on hold for any reason?

### *Step 5: Generalise across environments*

Can this same visual support be implemented by other people in different contexts?