

Help!

My child can't recall the instructions just given to them.

Underlying Skills



Emotional Control

Managing feelings so you can get things done



Task Initiation

Beginning things in a timely manner



Sustained Attention

Paying attention even when something is boring or not of interest



Goal-Directed Persistence

Following through to complete a goal without being distracted by other things

Strategy

Visual/Written Checklist!

1. Record instructions or tasks and estimated time (great to do with your child)
2. Have your child review each item to ensure they know what is expected (i.e. what do you mean when you say "Brush your teeth!")
3. Direct your child to each step and have them check off, place a sticker or move a clip/magnet as each task is completed and help visually cue the next task all necessary materials and information

More Tips

- ✓ Ensure you have your child's attention first (is the TV on, are they deep into a chapter of Harry Potter?)
- ✓ Give 1 instruction at a time and build up to more complex directions
- ✓ Have your child repeat instructions back to you before they begin
- ✓ Write each instruction on a sticky note that they can physically move, crumple, etc. when done



_____ 's Morning Checklist

TASK + TIME

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

REMINDERS/NOTES



_____ 's Evening Checklist

TASK + TIME

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

REMINDERS/NOTES