

Communication Tip: Finishing an Activity

Help your child to understand that something is coming to an end by using the 5, 4, 3, 2, 1 strategy.

You need to:

1. Get their attention first by getting down to their level and saying their name or touching them on the shoulder.

2. Say very **slowly** and calmly

- “5, 4, 3, 2, 1” - while counting down on your fingers
- ... (I Pad) has finished
- time for ... (lunch)



3. Use signs for finished  and time for  while you speak

4. If you use symbols at home you can show your child the symbol of what they need to do next and then take them by the hand.

Initially try to use it to end activities that are not very motivating for them e.g. to end bath time, or lunch when the food has gone (use and repeat it as much as possible).

Once you have been using it for a while you can start to try it to help prepare them that an activity that they are really enjoying is going to end.

Remember to speak **slowly** and **clearly** leaving lots of **pauses** to give them the time to process the information you are giving to them.

Using a timer



You could also try to use a digital time (or phone alarm) – give your child the warning that the activity will be ending soon and then set the timer (for around 3-5 minutes); showing them the timer.

When the time goes off use the 5,4,3,2,1 strategy as above.

