

First-Then Picture Cards

18 everyday moments, one step at a time



For grown-ups

- Print on card, cut along the dashed lines and laminate.
- Show the card before the change happens, and point as you talk: "First shoes on, then car."
- Keep your words short, and say them the same way each time.
- When the "first" part is done, point to "then" and follow through, so your child learns to trust the card.
- The sticker cards (doctor and haircut) are a starting point. Swap in whatever reward works for your child.

FIRST

**Wake up**

THEN

**Breakfast**

cut here

FIRST

**Get dressed**

THEN

**Breakfast**