



## First-Then Visual Template

The **First-Then** approach helps children **understand expectations** and stay **motivated** by pairing tasks with **preferred activities**. Use this tool to **structure routines** and reinforce **positive behaviors**.



### How to Use the First-Then Template

- ✓ **Keep it clear and simple** – Use short phrases or visuals.
- ✓ **Make sure the preferred activity is motivating.**
- ✓ **Use consistently** to build structure and predictability.



### Template Examples

- **First:** Complete Homework → **Then:** Play Outside
- **First:** Brush Teeth → **Then:** Read a Story
- **First:** Put Toys Away → **Then:** Pick a Fun Activity
- **First:** Finish Eating → **Then:** Watch a Show
- **First:** Get Dressed → **Then:** Choose a Game



### Create Your Own First-Then Plan



**First:** \_\_\_\_\_



**Then:** \_\_\_\_\_



**First:** \_\_\_\_\_



**Then:** \_\_\_\_\_



## Empower • Educate • Elevate

Using First-Then statements builds independence, reduces resistance, and encourages positive behavior.

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### Need Help Implementing First-Then Strategies?

Book a **free 30-minute consultation** to learn how to use visual schedules and reinforcement strategies tailored to your child's needs.



[Schedule Here](#)

 **Contact:** [TrottaLearningSolutions@gmail.com](mailto:TrottaLearningSolutions@gmail.com)

 **Website:** [TrottaLearningSolutions.com](http://TrottaLearningSolutions.com)

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 What task will you pair with a fun activity today? 

*Warmly,*

*Tom*