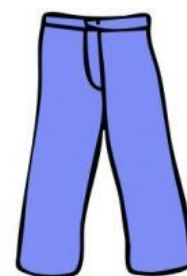




# BACKWARD CHAINING TECHNIQUE



Here the adult begins the task with the child completing the last step. Gradually the adult does less so the child has to perform more steps. This way the child always has the reward of finishing the task.

## How To

Break down a dressing task into steps such as in the example below. Initially the child would complete step 6, then gradually completes steps 5 and 6, then 4, 5 and 6 and so on.

## Example

Removing a t-shirt:

1. With the dominant hand, hold on to the cuff of the sleeve of your other hand.
2. Keeping hold of your cuff, pull your arm out of the sleeve.
3. Adjust grasp as necessary and bring your arm down beside your trunk.
4. Now grasp your other sleeve with your hand that has just been undressed as in Step 1.
5. Keeping hold of the cuff, pull your arm out through the sleeve.
6. Gather the t-shirt in your hands from the bottom, grasp it at the front of your chest and pull it up and over your head.

## What to do if Your Child Gets It Wrong

Try to help your child identify where they went wrong by:

- Allowing them to complete the entire task and see if they can feel/identify what is not quite right.
- Ask them questions to direct them to where they have gone wrong.
- Try to see if they can identify where they have gone wrong looking in a mirror.
- Practice with items that are easier to identify the front or back. E.g. large images/logos/patterns.

Allowing your child to figure out where they went wrong can improve their learning and they are more likely to remember it for next time.



Safe & compassionate care,

every time

