

# 8 TOP TIPS ON GIVING INSTRUCTIONS

**1. Give clear simple explanations and be aware of the need for careful use of language.** Many SpLD affect speech and language and almost always affect processing speed.

**2. Keep instructions short and precise** and maybe ask your child to repeat them back to you in their own words.

**3. Break down what you want your child to do into small steps.** Try and keep instructions in sequential order, so instead of saying, "Right, it's dinner time-- but before you come can you tidy up please?" Say, "Things away, dinner time."

**4. Leave time between instructions or information;** allowing a few seconds enables children and young people to process what they have heard and formulate responses.

You could call this 'thinking time'. It can help to tell them what to do in this time. "Have some thinking time then tell me what you think."

**5. Give your child lots of visual clues about what you want them to do, and to help understanding.** For example, you could use your hands to gesture, or draw pictures or use photographs to help them.

**6.** Where appropriate, **use symbols or signs.**

**7. Try and get eye contact if you can,** but also know some people with ADHD or Autism Spectrum Disorder (ASD) listen more actively when fiddling with something and not looking at you.

**8. Tell your child what they can be doing** as opposed to what they should be doing.

