Helping your Child Thrive in Sport and Recreation

Mentimetre 1: What is your role?/What are you hoping to learn?

What are the two most essential factors for success in sport and recreation?

1.

2.

Developing Rapport/Having Fun

_____ the participant

_____ a bunch of _____

Have a range of _____

Ask the _____

Be _____ and _____

Predictability

Predictability reduces _____

Frontloading = Providing _____ about what will happen _____ it happens

Mentimetre: Ways I **frontload <u>MYSELF</u>**

Mentimetre: What will be different about your child's experience during COVID-19?

1.

2.

3.

Visual Cues I could try:

Storybook/<u>Or other info</u> (name <u>format</u>) to review **in advance**:

Mentimetre: How will you frontload?

Mentimetre: Schedules that I use in my life (List multiple):

Mentimentre: Visual Schedule formats to try with my child (Draw pictures!):

Mentimetre: **Transition Warnings** that work best for my child

Mentimetre: **Group Agreement** statement samples:

Predictability REVIEW

1._____ activities, expectations

- _____ the activity (Storybooks, etc.)

- _____ the activity (Visual cues and supports)

2.Use a _____

3.Give _____ **warnings**

4.Try **Group _____**

Motivation

Mentimetre: Choices I could provide to my child

Activity:

Choices I could provide:

1.

2.

3.

Mentimetre: What's <u>your</u> 'then'?

First-Then Variations:

• First-then visual	• To Do list
• Checklist	• Schedule
• Checkmark grid	• Countdown strip
• Picture grid ('Token board')	• Timer (various types)

Build your own First-Then:
1. Choose a <u>situation.</u>
2. Show the steps to complete (List, pictures or timer)
3. Show the 'then'

List some activities that could be the 'Then'

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Motivation: Summary

Remember _____ **and** _____

Give lots of _____ feedback

Offer _____

Show 'the light at the end of the tunnel' (Use _____-_____)

Build _____ to support _____

_____ to the child

_____ or points

_____. schedules

_____

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Communication

Show & Say:

_____/point

Reference a _____

Reference a _____

_____ modelling

_____ cues

Mentimetre: What's your 'go to' Show & Say?

Rule of 3

Three instructions at a **time _____**

	Activity 1 (Active)	Activity 2
1		
2		
3		

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Communication: Common Themes

Keep it _____

Be _____

Show & _____

___ to ____ steps at a time

Be Specific

"Wait nicely"	
"Be a good friend"	

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