

Idea 3: Proactively Prompt

Purpose

Prompting is a proactive strategy you can use when you notice or predict there might be times during the day when your child may need extra help. Rather than waiting until your child gets stuck, provide some helpful prompts to keep them on track!

Make sure your child knows what is expected of them **before** beginning a specific routine or activity.

For example, 'Please remember to be responsible at lunch by washing your hands before eating, staying in one place while you eat and wiping down your area when done'. Or, 'Make sure you give your best effort when you complete your homework by having a go first, asking for help when needed and completing activities as assigned by your teacher.'

Another example of proactively prompting your child is when you might remind them to leave their phone in their room before coming to the table for dinner. Using proactive prompts reminds your child of what is expected at home.

Steps to follow

1. **Identify a time of day or a specific activity** when your child needs more direction.
2. Decide **what action (skill)** that you want to see, with which your **child needs help**.
3. Check the space you are working in to **see if any small changes** can be made to support your child to use the skill. For example, remove a distraction, schedule breaks or plan how they might ask for help if they get stuck.
4. Give your child a **chance to practise** the skill.
5. **Celebrate** with your child **when they use the skill/s** they've practised.
6. **Remind** your child about the expected action **before they begin the activity**. For example, 'Make sure you put your mobile phone on charge in the kitchen before doing your assignment.'
7. Watch to **see how your child responds** when you 'prompt' them to **see if it is helpful**. Ask your child what they think. Is it helping them have a more positive day? Work together to tweak as needed.